

# Additional Resources

Learn more to help you and your family choose food portions that support your health and wellness. Here are just a few to get you started:



## *The Portion Teller Plan by Lisa R. Young, PhD, RD*

Nutrition and portion-size expert Dr. Lisa Young presents a sensible, individualized guide to eating according to your portion personality and food preferences. You'll learn a simple system of visuals – a deck of cards, a baseball or your own hand – to help gauge portion size. You can also follow Dr. Young at [www.PortionTeller.com](http://www.PortionTeller.com).

## *ChooseMyPlate.gov, USDA*

A rich resource of dietary guidance that recommends a strategy for enjoying a healthy diet day to day. MyPlate illustrates the five food groups that are the building blocks for a healthy diet using a familiar image – a place setting for a meal.

## Also available: “Balance Your Plate with Nestlé” helps consumers build nutritious, convenient meals

The goal of “Balance Your Plate” is to help consumers enjoy the foods they love, while encouraging the consumption of more fruits and vegetables. By providing tips and tools, the campaign shows how individuals and families can quickly assemble high-quality, balanced meals using frozen prepared entrees or ready-to-bake pizza as the “center of the plate.”

*Using frozen prepared foods as the foundation of a meal has many advantages. A frozen entree can be just as nutritious as a homemade one. Likewise, entrees help you reduce waste by not preparing more than is needed. Additionally, frozen foods like pizza help consumers know what's on their plate. Frozen entrees like pizza are labeled with ingredient statements whereas most restaurant foods are not.*

Consumers can use menu models included in the Balance Your Plate toolkit and find suggestions on how to round out each frozen entree or pizza with vegetables, fruits, whole grains and low-fat dairy to create deliciously balanced, perfectly portioned meal experiences.

Each daily meal plan included in “Balance Your Plate” meets energy and nutrient goals for a standard 2,000-calorie diet, based on recommendations from the 2010 Dietary Guidelines for Americans. The toolkit also provides suggestions to reach 1,800- and 1,500-calorie diets.



*Download the free “Balance Your Plate” toolkit at [www.Nestléusa.com/balance](http://www.Nestléusa.com/balance).*

## Nestlé's Commitment to Nutrition, Health and Wellness



Good Food, Good Life

At Nestlé, we encourage nutritious and balanced food and beverage choices. We also believe that good food sometimes means treating yourself with more indulgent selections. Pizza can be an indulgent choice but we hope you agree, as you have seen in this toolkit, there are many ways to enjoy pizza thoughtfully and confidently with good nutrition in mind. We aim to make your life a little more pleasurable because our foods not only taste great; they provide good nutrition when consumed in moderation and with balanced-eating recommendations emphasizing fruits and vegetables. Bon appetit!