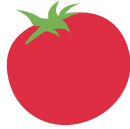


URI SNAP-ED NUTRITION NEWSLETTER



THE NEW DIETARY GUIDELINES FOR AMERICANS

Every five years, the U.S. government releases the Dietary Guidelines for Americans (DGAs) to the public. The DGAs are meant to help Americans know what to eat and what to avoid to stay healthy. These guidelines are created by a group of experts who use the latest research to make recommendations. Following a healthy diet is a part of a healthy lifestyle, and can help you feel more energized, stronger and may help prevent disease.

While we may not be doing education in the community right now, we are doing what we can from a distance! Please call our hotline at **1-877-366-3874**, visit uri.edu/snaped or follow us on social media for more family-friendly recipes and information.



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Community Nutrition Education RI

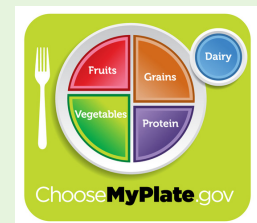


URI Nutrition



WHAT ARE THE KEY RECOMMENDATIONS IN THE 2020-2025 DIETARY GUIDELINES?

1. It is important to **eat healthy throughout your life**, from birth to older adulthood.
2. Everyone can benefit from a healthy diet, but there is **not just one way to eat healthy**. Your favorite foods and cultural meals can fit in the MyPlate, which is our guide for eating healthy that is based on five food groups (fruit, vegetables, protein, dairy and grains).
3. Focus on **eating more foods that have a lot of vitamins, minerals and fiber**. This includes vegetables, fruits, whole grains, dairy and protein foods.
4. Try to **limit foods and drinks that are high in added sugars, unhealthy fats and salt**, and limit alcoholic beverages.




Have questions or want to learn more about the dietary guidelines? You can email us at nutrition@etal.uri.edu, or call our hotline at **1-877-366-3874**.

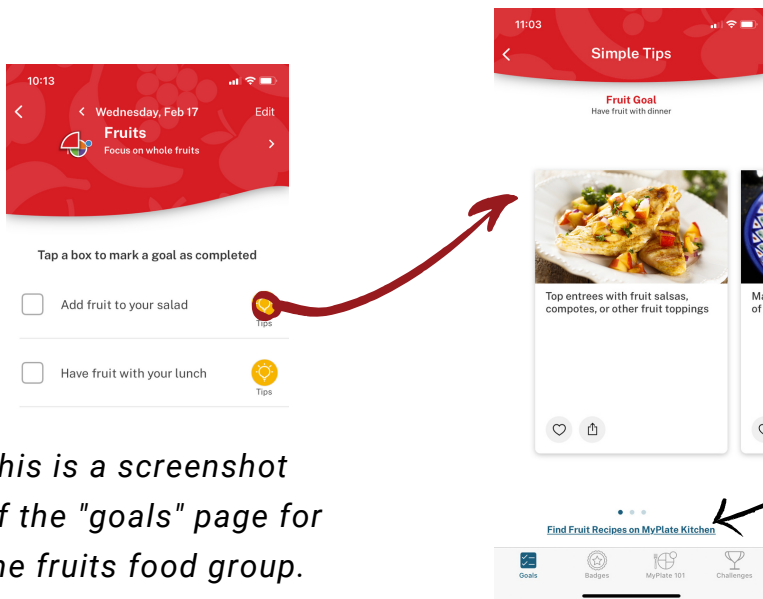
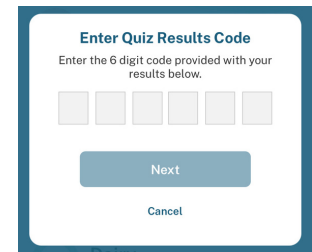
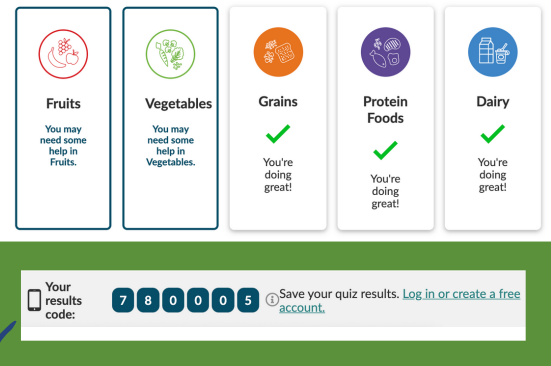


TECHNOLOGY SPOTLIGHT: Start Simple with MyPlate App

The *Start Simple with MyPlate* app is a great way to start new healthy habits and to stick with them. Set daily goals for each food group and earn badges for meeting your goals. The app also gives you tips to help you meet your goals.

Want to get started?

1. There is a quick online quiz where you note your biggest reasons for improving your diet, barriers to healthy eating, how you currently eat, and what topics you would like to learn more about (quiz link: <https://www.myplate.gov/form/myplate-quiz>). After you take the quiz, you will receive a unique code you can put into the app to get personalized advice.
2. Download the *Start Simple with MyPlate* app on your smartphone or tablet. Create an account. Once you enter, click the  icon in the upper left corner. Click the "Sync MyPlate Quiz Results" and put in the code from the quiz for personalized goals.



This is a screenshot of the "goals" page for the fruits food group.

The "simple tips" page has many easy ideas for helping you add certain food groups into your diet.

Tip: Try clicking this link to explore MyPlate Kitchen recipes. You can also find more healthy foods on our website (uri.edu/snaped).