



# Create Your Plate Healthy

## Nutrition Education in the Dining Hall

### Dear Parents,

Create Your Plate Healthy (CYPH) is a simple, numerical and color guide to selecting complete and balanced meals. Menu items offered in the dining hall are labeled with the number(s) and color(s) representing the food group(s) in which the item is categorized.

Students are encouraged to choose foods from group 1—fruits and/or vegetables; group 2—protein and/or dairy foods; and group 3—grains.

By choosing foods from at least 3 of the 5 groups, students will create a balanced, nutrient-rich meal.



### CYPH offers:

- A simple message to creating a complete meal for all ages. It's as easy as 1..2..3!
- Consistency with USDA's MyPlate for additional teaching opportunities.
- A positive, food-focused way to encourage healthy eating and variety.

### Ways to use CYPH at home:

- Encourage balanced meals at home by recommending your child choose foods from groups 1, 2 and 3.
- Increase nutrient variety by encouraging more colorful choices from group 1 such as red, orange and dark green foods.
- Encourage high-quality protein intake with foods from group 2.
- Ensure adequate calcium intake with dairy items/substitutes from group 2.
- Offer plenty of whole grain foods from group 3 to increase fiber and nutrient intake.

