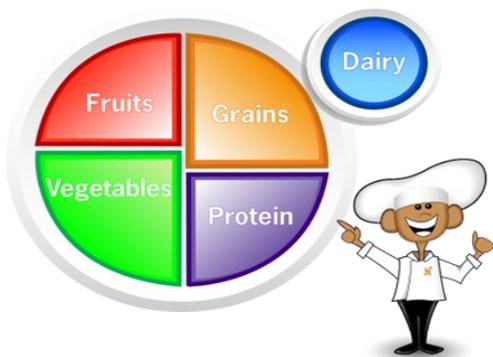


# Consortium Connection

## “Healthy Environment, Healthy Lifestyles, Healthy Community”

### My Plate

Let's take a look at an eating healthy program that can help you to plan a healthy meal not only for you but for your entire family .



#### What is MyPlate?

Many Americans live by what used to be the food pyramid, now revised to MyPlate which outlines a guide to healthy eating. Did you know that the food pyramid was conceived in the 1960s due to an increase in Americans getting heart disease? The U.S. Department of Agriculture responded with the food guide pyramid and Dietary

Guidelines for Americans, a guide that has been updated every 5 years since the 60's

Prompted by President Franklin Roosevelt, a National Nutrition Conference was called to action in 1941. For the first time, the USDA came up with Recommended Dietary Allowances (RDA's) for Americans to follow. RDA's specified caloric intake as well as essential nutrients.

#### Why is MyPlate Helpful?

This program helps us to choose what and how much to eat from each food group so that you get the nutrients that your body needs and that you are consuming the right amount of energy in order to control your weight. It also restricts the amount of fats, sugars and alcohol that you consume.

#### What are the food groups in relation to this program?

There are 5 food groups.

Grains - Vegetables - Fruits - Dairy - Protein (meat & beans)

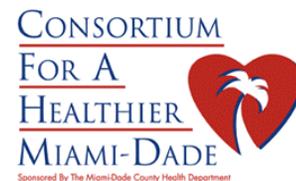
What we need to remember when using this program is that these different food groups provide us with some of the nutrients but not all of them and food from one group can never replace those from others as they are all equally as important. So in order to maintain a healthy life and diet you need to include them all.

MyPlate is the most important guideline that SHORT CHEF has ever been associated with. IT WORKS!

By Short Chef

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# Get Healthy!



The rate of obesity has increased by 300% in recent years.

Did you know?

Overweight in children 6-11 has doubled since 1980. More than 58 million Americans are overweight, and that includes at least 1 in 5 children. Among 2- to 5-year olds, 13% of non-Hispanic blacks are overweight. Obesity is the second leading cause of preventable death (after smoking).

Overweight is linked to other serious diseases! It has also been associated with serious conditions such as:

Type II Diabetes

Elevated blood sugar (precursor to Type II Diabetes)

Heart disease

High blood cholesterol

High blood pressure

Stroke

Cancer

Sleep apnea



## WHY START YOUNG?

Overweight in childhood is closely associated with obesity in adulthood.

By helping youngsters establish lifelong healthy habits, we hope to reduce the likelihood that they will become obese as young adults.

## How you can reduce obesity!

We gain weight when we eat more calories than we use.

To lose weight or prevent weight gain:

Increase healthy eating.

Increase physical activity.



For overweight children, the goal is to maintain their weight so that as they grow taller they will "grow into" their weight. Do not promote weight loss with this age group.



## NUTRITION TIP:

To get a child to start eating vegetables, try introducing one new food a month. When introducing a "new food" to the children plan a fun activity, story, or project about the new food.

Did you know? You may need to expose the child to this new food 7 to 15 times before they will accept it!

*By Ruby Natale, PhD, PsyD  
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Assistant Professor of Clinical Pediatrics Mailman Center  
for Child Development*

## Delicious and Nutritious Recipes!



### Veggie Fried Rice

#### Ingredients:

- 2 Eggs, lightly beaten
- 1 1/2 teaspoons peanut oil or vegetable oil
- 1 cup cold cooked rice
- 1/2 cup carrots strings
- 1/4 cup kernal corn
- 1/3 cup diced onion
- 1 tablespoon of chopped garlic
- 1 dash of white pepper
- 1 /4 cup bean sprouts
- 1 1/2 teaspoons soy sauce

#### Instructions:

- In a small skillet, cook and stir eggs in oil over medium heat until eggs are completely scrambled.
- Remove and set aside. In same skillet, heat 1 tablespoon of oil.
- Add garlic and onion and cook for two minutes, add cooked rice, carrots and corn.
- Season with white pepper. Add cooked eggs, stir rice for a few minutes then add soy sauce.
- Toss until evenly colored. Top with Bean Sprouts and enjoy!



## Alcohol Awareness Month

This year's theme is **"Help for Today. Hope For Tomorrow"**.

During Alcohol Awareness Month you can make a difference by raising awareness about alcohol abuse. This month encourage individuals and families to get help!

Teens that experiment with alcohol before age 15 are four times more likely to become alcohol dependent when they are older than those that wait until age 20.

Alcoholism causes emotional, physical and financial burden to family members and children of the person who is addicted to alcohol.

75% of domestic abuse is committed while one or both members are intoxicated. alcohol-related problems and the disease of alcoholism.

**APRIL IS  
ALCOHOL  
AWARENESS  
MONTH**

# Upcoming Events

You are invited...come visit Miami-Dade County's

# Spring into Wellness Fair!

Friday, April 26, 2013 | 10am - 3pm

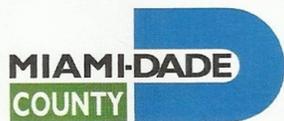
**Join us for this fun and exciting event!**

- The newest and latest information on current wellness initiatives and trends
- Educational material
- Obstacle courses
- Exercise demonstrations
- Live entertainment
- Food trucks
- Vendor giveaways
- Discounted vendor products
- And much more!

**Location:**

Stephen P. Clark Government Center  
Lobby, Atrium and Courtyard  
111 NW 1 Street, Miami, FL 33128

For inquiries e-mail: [employeewellnesscenter@miamidade.gov](mailto:employeewellnesscenter@miamidade.gov)



For additional information or to participate in the Consortium contact us at:

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[www.healthymiamidade.org](http://www.healthymiamidade.org)