

# MyPlate and MyPyramid...

## Can they be used together?



If you've been wondering how to teach nutrition using MyPlate instead of MyPyramid, you are not alone. A lot of educators are asking if they can use MyPlate along with their existing MyPyramid educational materials.

**The short answer is: YES, continue to use any lessons or materials you have found to be good teaching tools for your audience.**

A large number of educational materials based on MyPyramid are available and in use. These materials can be used in conjunction with the new MyPlate icon. Here's why:

- The information about what and how much to eat has not changed—both MyPyramid and MyPlate are illustrations that are based on the same food groups and recommendations about what and how much to eat.
- The [ChooseMyPlate.gov](http://ChooseMyPlate.gov) website contains much of the same information that was available on [MyPyramid.gov](http://MyPyramid.gov). Note that some sections of the website have been updated to reflect the 2010 Dietary Guidelines, and other sections continue to be updated. Look for a completely redesigned website and new interactive tools in the fall of 2011!

How can you incorporate the new and popular MyPlate icon into your lessons or materials? Try using MyPlate to generate interest and prompt your audience to think about what they actually put on their plates.

For example, you can use the following materials now available on [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov). Click on the News and Media tab:

- **Coloring sheets**—use them to encourage children to illustrate their own plates or what they think is a healthy plate.
- **Downloadable images of MyPlate**—display and ask your audience to “rate their plate” and discuss ways to improve their choices.

Then, use your existing lessons or materials to “dig deeper”—to help guide discussion and answer questions.

Over time, lessons and materials will be developed or updated to incorporate the MyPlate icon. The information and messages in these materials may be very similar to current materials. As noted above, the content will only need to change to update it for the 2010 Dietary Guidelines.