



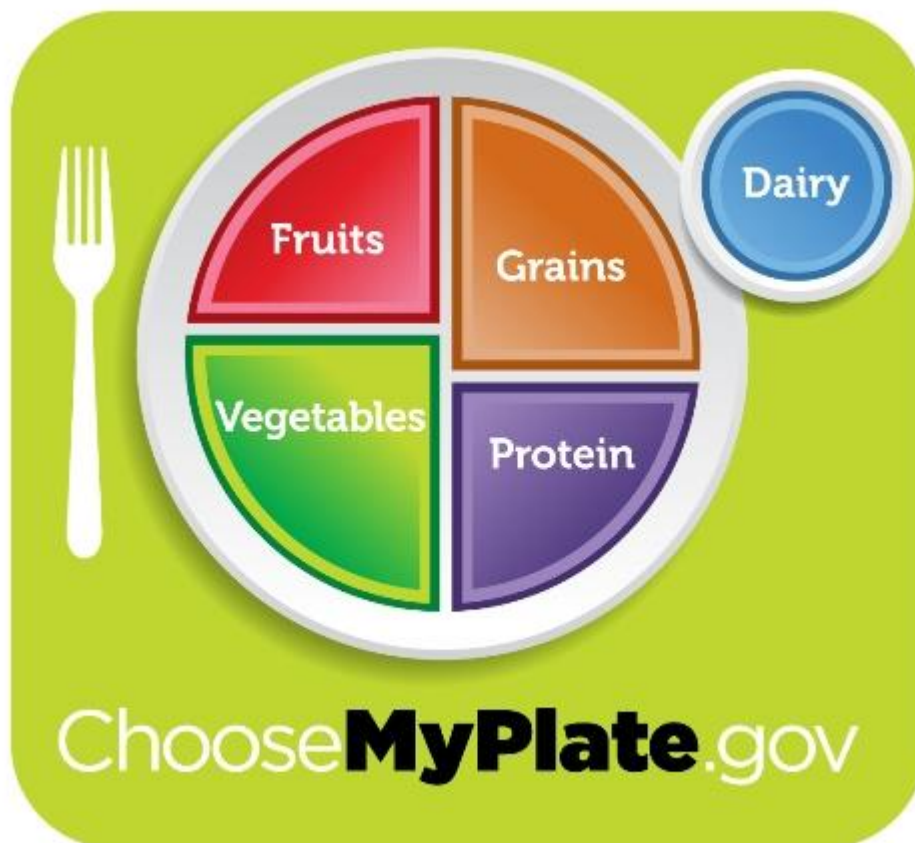
America's Move to Raise a Healthier Generation of Kids

LET'S MOVE **BLOG**

Happy Birthday, MyPlate!

Posted by Marissa N. Duswalt, Associate Director of Policy & Events, [Let's Move!](#), Office of the First Lady, The White House, on June 1, 2012

Tomorrow, *Let's Move!* is celebrating the first birthday of [MyPlate](#), the new food icon that reminds us to build a healthy plate with vegetables, fruits, whole grains, lean proteins, and fat-free or low-fat dairy at every meal. It's a helpful tool for making meals with healthy portions and a friendly image for parents and kids to talk about making half our plates fruits and vegetables.



Healthy eating with MyPlate starts with simple steps we can all make:

- Focus on fruits
- Vary your veggies
- Make at least half your grains whole
- Go lean with protein
- Get your calcium-rich foods

As the First Lady said at the unveiling, “This is a quick, simple reminder for all of us to be more mindful of the foods that we’re eating and as a mom, I can already tell how much this is going to help parents across the country. When mom or dad comes home from a long day of work, we’re already asked to be a chef, a referee, a cleaning crew. So it’s tough to be a nutritionist, too. But we do have time to take a look at our kids’ plates. As long as they’re half full of fruits and vegetables, and paired with lean proteins, whole grains and low-fat dairy, we’re golden. That’s how easy it is.”

[A look back at the first year of MyPlate](#)
