PEAK NUTRITION: G4G AND MYPLATE

Go for Green® Background

In order to make the best choices, diners need strategies to help them be more aware of differences in food quality and nutrient density.

Go for Green® (G4G) is a pointof-selection food-identification program approved by the DoD Food & Nutrition Subcommittee and designed to help the Military Community easily identify the nutritional value of food choices. Foods are labeled by color (Green, Yellow, or Red) according to their nutritional value.

How Go for Green® Translates to MyPlate

MyPlate shows you what a healthy plate of food looks like. Go for Green® helps you identify choices within each food group to build a balanced, colorful plate through a variety of foods.





GREEN: Eat often. Make most of your foods "green-labeled" choices!





YELLOW: Eat occasionally.

Make less than 1/3 of your food
"yellow-labeled" choices.





RED: Eat rarely. Pay attention to how often you eat "red" foods each week.









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MyPLATE

MyPlate is one way to plan lunch and dinner meals. Most people find it helpful because it gives a framework for deciding how much and what types of foods to eat.

When you assemble your lunch/dinner at the dining facility, a restaurant, or with foods from home, keep in mind your plate should include:

- High-fiber grain or starchy vegetables
- Protein, lean (chicken, beef, fish) or vegetarian (beans, lentils)
- Non-starchy vegetables
- Healthful fats (olives and olive oil, nuts, seeds, avocado



TIPS

- Most people need to focus on eating more non-starchy vegetables.
- Fruit makes a great dessert, side dish, or snack between meals. But don't think that fruit takes the place of your non-starchy vegetables.
- Double and triple portions of starch are common; watch these if you are struggling to stay at your "fighting weight" (your personal ideal weight).
- Use Go for Green® along with the Plate Method at meals. See what foods fall into Red, Yellow, or Green groups. Let that guide your selections.





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