

# DenverWellness

## 2012 Healthy Plate Nutrition Challenge

### Challenge Overview:

The Healthy Plate Nutrition Challenge is a new DenverWellness program that encourages employees to eat well balanced meals that contain all five food groups. Participants will use the USDA's MyPlate guidelines to build five healthy plate meals each week. Employees will learn how to adjust the portions on their plate to include more healthy choices, like fruits and vegetables, while keeping calories under control. By visualizing a healthy plate at mealtimes, employees will become aware of which foods to eat more of and which foods to eat less often thus improving overall health and vitality.

### Challenge Requirements:

The Healthy Plate Nutrition Challenge is a 6-week challenge that can be completed by employees anytime between September 1st, 2011 and August 31st, 2012. Participants choose the 6-week time frame of their challenge.

To be eligible for the wellness incentive in 2013, participants must meet the minimum requirements of:

- Log at least five healthy plates every week
- Include **at least one serving** of each of the five food groups on their plate (a healthy plate = all 5 food groups)
- Log healthy plates on a designated challenge log sheet for 6 consecutive weeks

To learn more about your individual portion recommendations and to receive a customized Daily Food Plan, visit [www.choosemyplate.gov](http://www.choosemyplate.gov).

### DenverWellness Incentive Program Eligibility:

To be eligible for the wellness incentive in 2013, participants must meet the minimum requirements of the challenge for 6 consecutive weeks.

Within 2 weeks of their date of completion, employees will send their completed log sheet to the DenverWellness Staff via interoffice mail, fax to 720-913-5695 or email DenverWellness at [denverwellness@denvergov.org](mailto:denverwellness@denvergov.org). **All log sheets must be turned in by August 31st, 2012.**

For more information or to obtain a challenge log sheet, contact your Wellness Champion or visit [www.denvergov.org/denverwellness](http://www.denvergov.org/denverwellness).

## 2012 Healthy Plate Nutrition Challenge

### What Makes a Healthy Plate?

To make a healthy plate, participants are required to include at least one serving of each of the five food groups on their plate, five times a week. The five food groups are Vegetables, Fruits, Grains, Protein and Dairy Foods. The USDA's new MyPlate icon shows how to distribute the food groups on your plate to make it healthy and balanced. Examples of proper serving sizes and healthy options for each food group are listed below:

#### Fruits

##### 1 cup serving sizes:

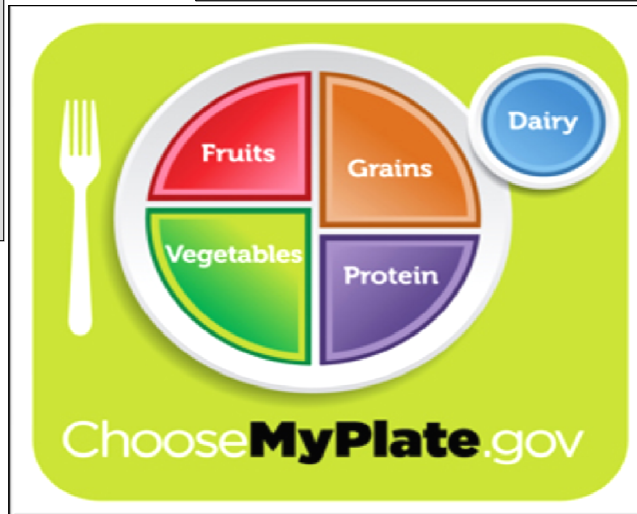
- 1 large peach
- 32 seedless grapes
- 1 small apple
- 1 large orange
- 1 medium pear
- 1 large banana
- 8 large strawberries
- 1 wedge of watermelon
- 2 large plums
- 1 cup mixed fruit
- 1 cup pineapple chunks
- 1/2 cup dried fruit (raisins, cranberries, prunes, figs, etc.)
- 1 cup of 100% fruit juice

For more information on MyPlate, visit [www.choosemyplate.gov](http://www.choosemyplate.gov)

#### Grains (make half your grains whole)

##### 1 ounce serving sizes:

- 1 regular slice whole wheat bread
- 5 whole wheat crackers
- 1/2 English muffin
- 1/2 cup cooked pasta
- 1 small tortilla or muffin
- 1/2 cup cooked oatmeal or 1 packet of instant oatmeal
- Gluten Free Options: 1/2 cup brown rice, quinoa, buckwheat, amaranth, corn, wild rice, millet



#### Dairy

##### 1 cup serving sizes:

- 1 cup of milk (choose fat-free or low-fat) or calcium-fortified soymilk
- 8 ounce container of yogurt (choose fat-free or low-fat)
- 1 cup frozen yogurt
- 1/3 cup shredded cheese
- 1.5 ounces hard cheese (cheddar, Swiss, mozzarella, parmesan)
- 1 cup pudding (low-fat)

#### Vegetables

##### 1 cup serving sizes:

- 1 cup cooked greens (collards, kale, chard)
- 12 baby carrots
- 2 cups raw leafy greens (spinach, lettuces)
- 1 large whole tomato
- 1 cup cooked squash
- 1 large red or green pepper
- 1 cup raw or cooked onion
- 1 large sweet potato

#### Protein

##### 1 ounce serving sizes:

- 1 egg
- 1 ounce cooked lean beef, lean pork, wild game, chicken or turkey (without skin)
- 1 ounce cooked fish or shellfish
- 1/4 cup cooked beans, peas and legumes
- 1 tbsp. peanut butter or other nut butters
- 1/2 ounce of nuts (12 almonds, 24 pistachios, 7 walnut halves, etc.) & 1/2 ounce of seeds
- 1/4 cup of tofu or roasted soybeans

Employees with special dietary restrictions or allergies may contact the DenverWellness Staff at [denverwellness@denvergov.org](mailto:denverwellness@denvergov.org).