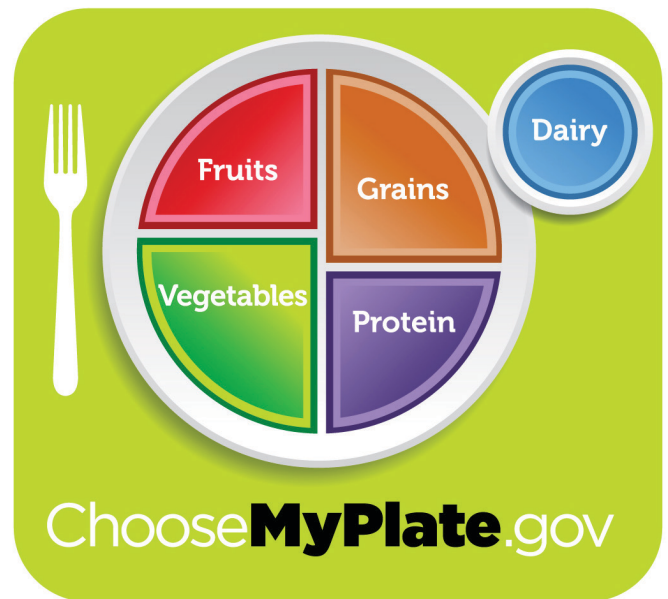


MyPlate Nutrition Education Series: Be an Active Family¹

USDA Center for Nutrition Policy and Promotion, with an Introduction by Linda B. Bobroff²

After introducing MyPlate in June 2011, USDA provided a series of one-page fact sheets to help consumers use the dietary advice of the Dietary Guidelines 2010. USDA continues to add fact sheets to the series, reflecting the most current Dietary Guidelines and issues important to consumers. This series of fact sheets is distributed by UF/IFAS Extension for Extension faculty, health professionals, and consumers.



Credits: <http://choosemyplate.gov>

1. This document is FCS80065, one of a series of the Department of Family, Youth and Community Sciences Department, UF/IFAS Extension. Original publication date May 2014. Revised March 2017. Visit the EDIS website at <http://edis.ifas.ufl.edu>.

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