

## MY PLATE – *getting daily fruits & vegetables*

The United States Department of Agriculture and the Department of Health and Human Services replaced the traditional food pyramid with the My Plate eating advice. My Plate eating is used by the American Diabetes Association as its basic nutrition pattern. Links to My Plate information can be found here: <https://www.myplate.gov/eat-healthy/what-is-myplate>

The My Plate diet is a plant-based diet that promotes adequate vitamin and mineral intake. It is a low-glycemic index diet that is considered an epigenetic diet during pregnancy.

