

# Onslow CHIP Tip...

## July 2011



WASHINGTON, June 2, 2011 – First Lady Michelle Obama and Agriculture Secretary Tom Vilsack today unveiled the federal government’s new food icon, *MyPlate*, to serve as a reminder to help consumers make healthier food choices. *MyPlate* is a new generation icon with the intent to prompt consumers to think about building a healthy plate at meal times and to seek more information to help them do that by going to [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov). The new *MyPlate* icon emphasizes the fruit, vegetable, grains, protein and dairy food groups.

ChooseMyPlate.gov provides practical information to individuals, health professionals, nutrition educators, and the food industry to help consumers build healthier diets with resources and tools for dietary assessment, nutrition education, and other user-friendly nutrition information.

*Onslow CHIP is a certified Healthy Carolinians agency | [www.onslowchip.org](http://www.onslowchip.org)*