COLUMBUS COMMUNITY HOSPITAL

News Release
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Platte County Lifestyle Coalition Encourages Community Members to Eat Well

For Immediate Release
(COLUMBUS, Neb.) – The Platte County Lifestyle Coalition (PCLC) is a local coalition dedicated to promoting healthy lifestyles. "Eat Well" is the second of five messages it is sharing with community members to help them improve their health.

There is a variety of health and nutrition information available, but knowing which resources to use and which ones to avoid can be challenging. That's why PCLC is encouraging people to use nutritional recommendations from ChooseMyPlate.gov to help them eat well.

MyPlate uses an image of a plate divided into four unequal sections with a dairy component to the right of the plate. It's a colorful and easy to understand visual and it encourages people to get their nutrient needs from real food.

For instance, MyPlate encourages people to make half of their plate fruits and vegetables in a variety of colors. Eating fruits and vegetables in a rainbow of colors helps people get a variety of different nutrients needed by the body. It also helps people consume the correct number of antioxidants.

A quarter of the MyPlate plate is made up of grains, but people are encouraged to make at least half of these grains whole grain. Oatmeal, brown rice, quinoa, whole wheat tortillas, whole wheat bread and popcorn are all whole grain options. Wheat bread on the other hand is not considered a whole grain because "whole wheat flour" isn't found on its ingredients list. To ensure something is whole grain, look for whole grains listed first or second on the product's ingredients list.

Protein foods make up a smaller part of the plate, less than a quarter of it, because people get protein from other foods such as grains, vegetables and dairy. People are encouraged to vary their protein sources by eating meatless meals once or twice a week. For example, main dishes like tacos or enchiladas can be made with black beans. Unsalted nuts, soy products, lean cuts of meats and poultry, and eggs are also sources of protein.

The last section of MyPlate represents dairy and people are encouraged to choose low-fat or fat free yogurt, cheese, milk or alternate milk sources such as soy, almond or other plant milks.

To learn more about the PCLC or how you can become involved, please contact Roberta Miksch at rhmiksch@columbushosp.org.

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