Can you believe it, on June 2, 2013 MyPlate will turn two! In 2011, MyPlate replaced the MyPyramid image as our food group symbol. Created by the United States Department of Agriculture (USDA), MyPlate is a simple picture that shows healthful eating recommendations for fruits, vegetables, grains, proteins and dairy.

The MyPlate website ChooseMyPlate.gov has resources that can help you and your family make healthy food choices. Use the ChooseMyPlate.gov website to discover, learn about and try the many varied foods from each group.

Would you like to learn about weight management and calories? ChooseMyPlate.gov has an online BMI calculator as well as a SuperTracker. Downloading the SuperTracker can help you plan and analyze as well as track your daily food intake and physical activity.

Do you need some motivation? ChooseMyPlate.gov has a section entitled Popular Topics that include not only videos but advice about eating on a budget, pertinent nutrition information and tips plus sample menus and recipes. Liven up your lunch-time sandwich with a refreshing tuna apple salad sandwich. (recipe below)

Tuna Apple Salad Sandwich

- 1 apple (such as Fuji or Pink Lady Washington)
- 1 12 oz. can chunk light tuna, drained
- 2 TBSP low-fat plain yogurt
- 2 TBSP reduced-fat mayonnaise
- 1/2 cup raisins (or chopped figs)
- 1/4 cup chopped walnuts
- 1/8 tsp ground black pepper
- 2 TBSP chopped fresh parsley, optional
- 1/2 tsp curry powder, optional
- 8 leaves lettuce (Bibb, Romaine, green or red leaf)
- 8 slices whole-grain bread

1. Cut apple in quarters; remove core and chop.
2. In a medium size bowl, mix all salad ingredients, except tuna.
3. Gently fold in tuna.
4. Make sandwiches, using lettuce and whole-grain bread (toasted, if desired), and fill with tuna apple salad.

Serves 4.

And if the aforementioned is not enough - ChooseMyPlate.gov can break down the information by audiences. Nutrition information from preschoolers (2-5 years old) to pregnant and breastfeeding women is available. There is also a section for educators, health care professionals and community partners.

Speaking of partners, ChooseMyPlate.gov provides information on both community and national strategic partners working with the USDA Center for Nutrition Policy and Promotion Nutrition Communicators Network to help the USDA reach consumers and help them make meaningful, sustainable, healthy dietary changes, based on the Dietary Guidelines. So far there are 6862 partners promoting the overarching mission to help people make better choices when it comes to eating.

Choose to visit and learn to make use of ChooseMyPlate.gov.

Did I mention you could also get connected? MyPlate has a Facebook page, a twitter page a YouTube channel, a Flicker group and will even send you ChooseMyPlate updates by email.

MyPlate, a beautiful illustrates of the five food groups that are the building blocks for a healthy diet. Before you eat, think about what goes on your plate or in your cup or bowl and utilize the many and wide-ranging resources that MyPlate promotes.

If you have a question, write to Heidi Copeland, Extension Agent Family and Consumer Sciences, University of Florida/IFAS Extension--Leon County, 615 Paul Russell Road, Tallahassee, FL 32301-7099; or call the Extension Office 487-3006, between 8 a.m. to noon or 1 to 5 p.m. weekdays.

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