



In 2011, the USDA released **MyPlate**. Many people agree that MyPlate is a step in the right direction towards improved health and well-being.

The icon does not include physical activity as was previously emphasized in MyPyramid. Major food groups included are:

- Fruits
- Vegetables
- Protein (previously meat & beans)
- Grains
- Dairy (previously milk)



The **Integrative Nutrition Plate** is a dietary model which further drives upon the concept of modern nutrition – using the plate format as a helpful tool for both Health Coaches and their clients.

On the outer rim of the Integrative Nutrition Plate are primary foods – relationships, physical activity, career, and spirituality.

The inner pieces of the Integrative Nutrition Plate encompass our secondary foods, which include:

- Fruits
- Vegetables
- Whole Grains
- Protein
- Water
- Fats & Oils