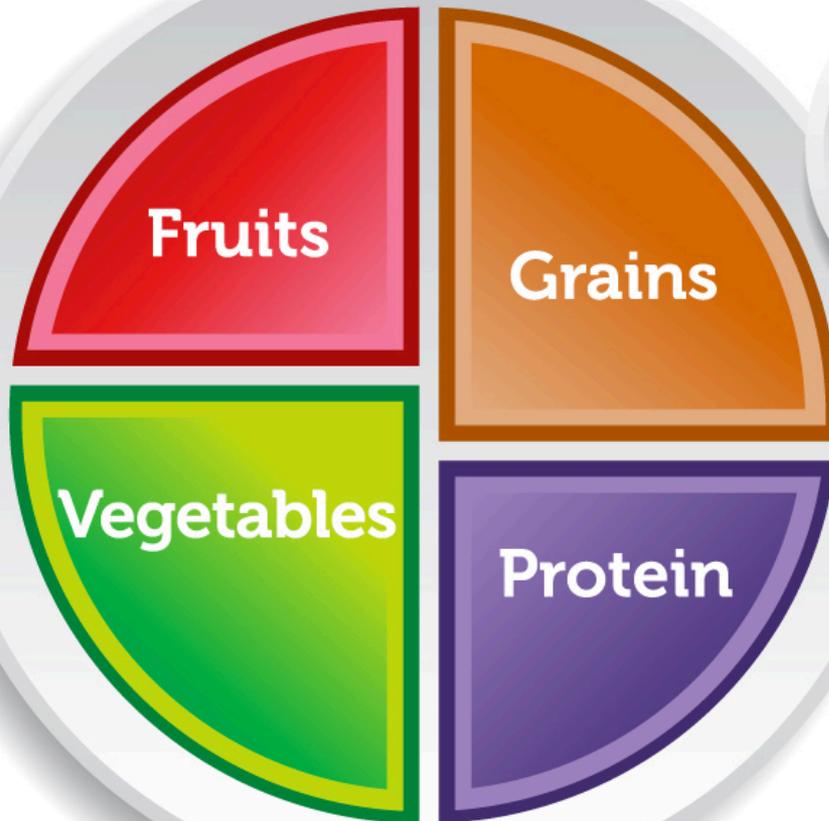


MyPlate-Northeast: A Tool for Promoting “Sustainable Diets”?

**It Takes a Region Conference
NESAWG**

**November 12-14, 2015
Saratoga Springs, NY**

Jennifer Wilkins
Daina E. Falk Professor of Practice
Public Health, Food Studies and Nutrition
Syracuse University



Choose **MyPlate**.gov

What is a Food Guide?

“A food guide translates recommendations on nutrient intake into recommendations for food intake. It provides a conceptual framework for selecting the kinds and amounts of food of various types which together provide a nutritionally satisfying diet.”

(Welsh, Davis & Shaw.1992. “Development of the Food Guide Pyramid. *Nutrition Today* 27(6):12-23.)

Primary Outcome

Nutrients



Foods



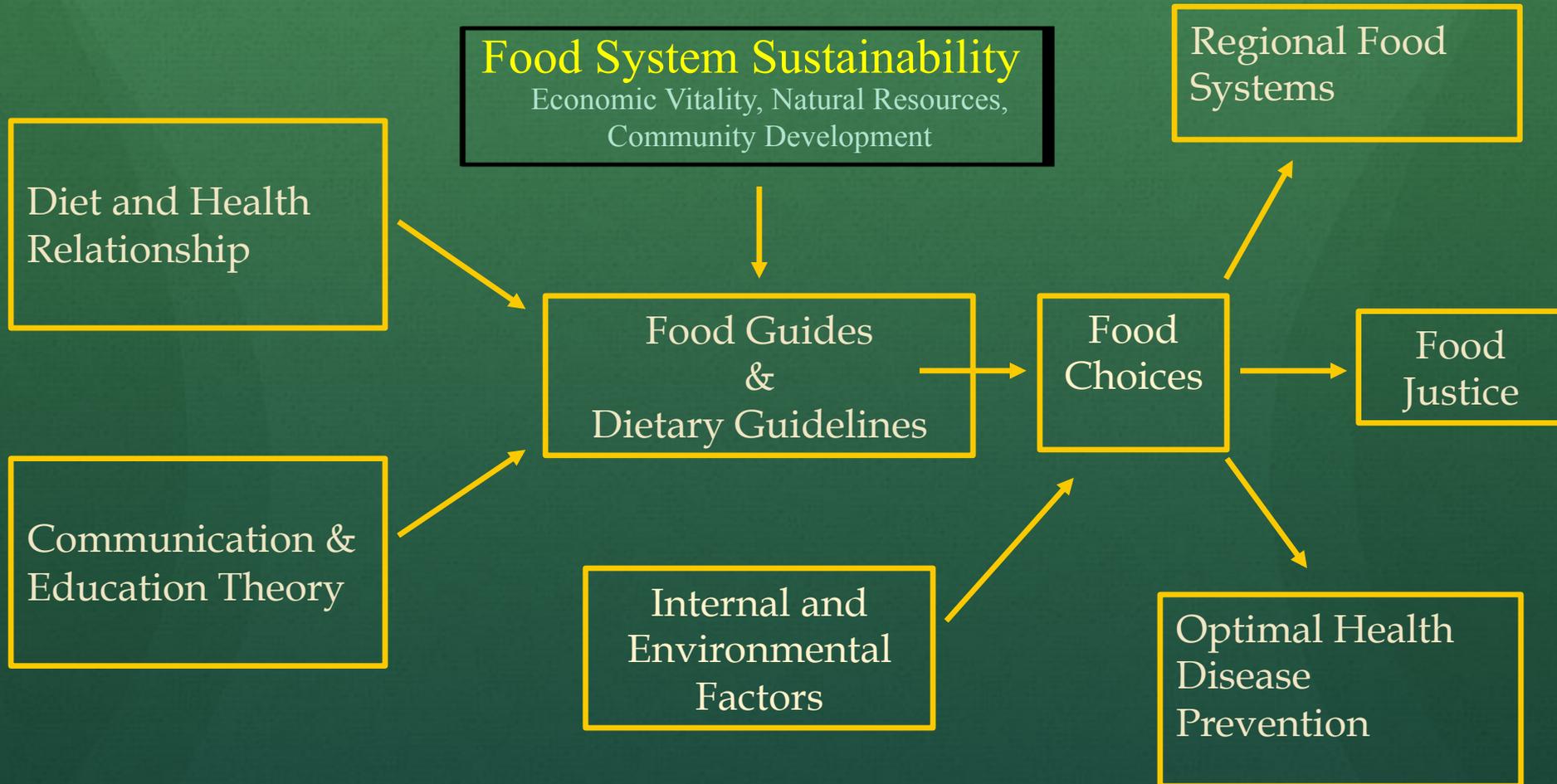
Diets



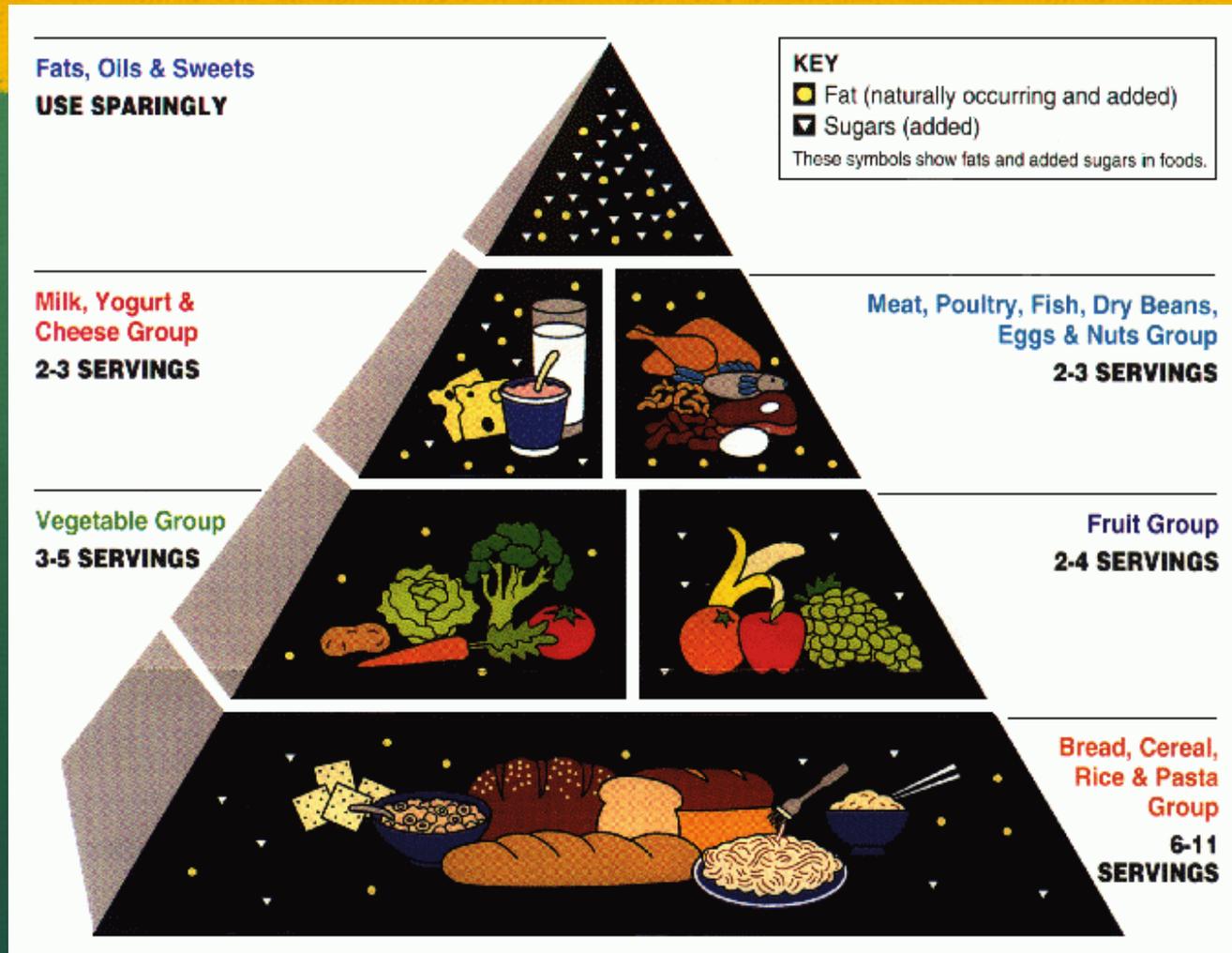
Health



New Framework for Dietary Guidance

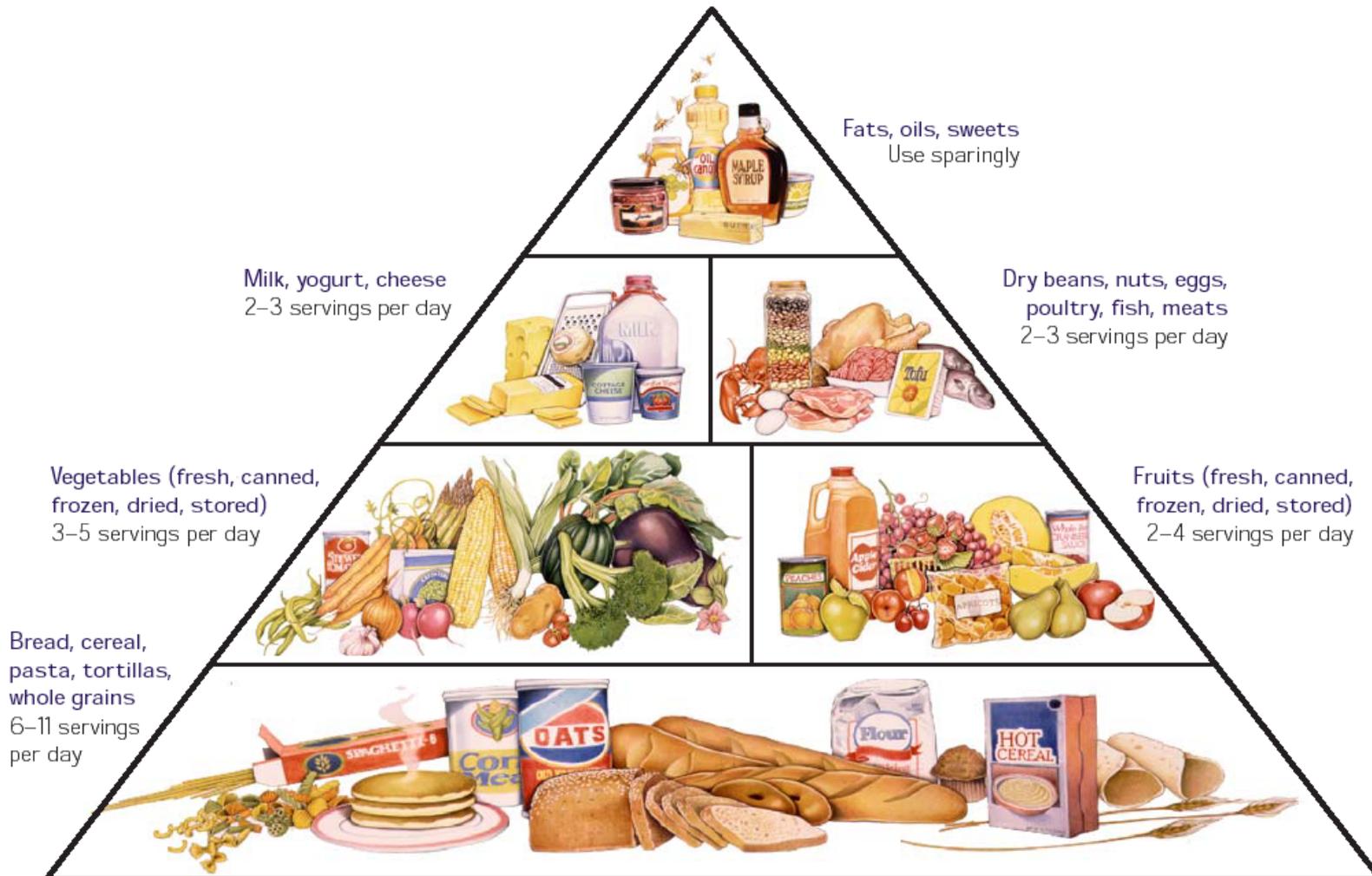


1992 Food Guide Pyramid

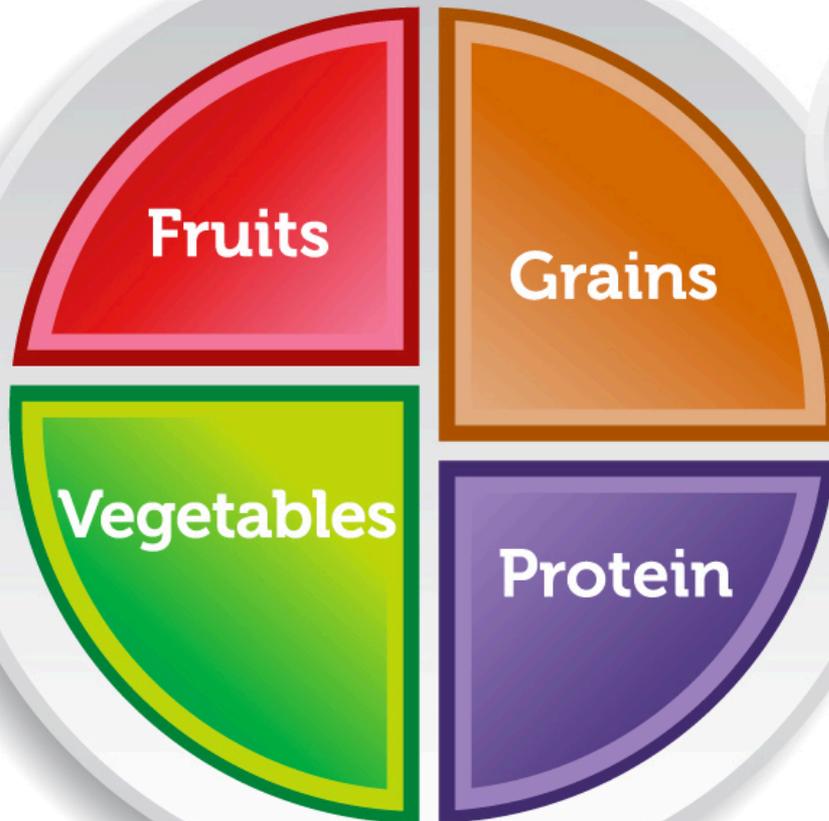


USDA/DHHS Food Guide Pyramid, 1992

Northeast Regional Food Guide



(Number of servings is based on the Food Guide Pyramid, USDA 1992.)



Choose **MyPlate**.gov

MyPlate Northeast

Introducing MyPlate: Northeast!

This is both an exciting and challenging time for our food system. Increasingly, people want to know where their food comes from, and how it is grown, processed, and packaged. Locally and regionally-grown foods are more available, thanks to farmers' markets, farm to school programs, and community supported agriculture. At the same time, climate change, limited energy and water supplies, and fragile fish stocks are challenging the availability of safe and nutritious food for all people, as well as the earth's ability to support the food needs of its growing population.

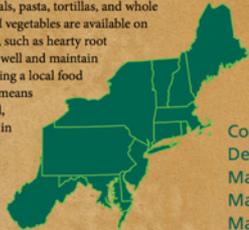


Just like USDA's MyPlate, this regional food guide reflects the latest diet recommendations associated with nutritional well-being. In addition, My Northeast Plate promotes seasonally varied,

locally-based diets for a food system that supports rather than harms the environment and one that can better adapt to climate changes as needed. Evidence suggests that plant-based, regionally sourced diets, largely composed of minimally processed foods, can significantly reduce some of the negative environmental impacts of our food choices.

Eating locally produced foods also strengthens the market for Northeast farmers. Northeast agriculture is diverse and bountiful! Many foods pictured on the guide are available regionally year round: milk, yogurt, and cheeses; dry beans, nuts, eggs, poultry, fish, and meats; and breads, cereals, pasta, tortillas, and whole grains. Most fresh fruits and vegetables are available on a seasonal basis, but several, such as hearty root vegetables and apples, store well and maintain their quality for months. Being a local food consumer in the Northeast means choosing more stored, dried, frozen and canned produce in the winter and enjoying our region's abundant fruits and vegetables fresh during the spring, summer, and fall.

Happy local eating!

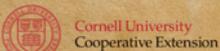


Connecticut
Delaware
Maine
Maryland
Massachusetts
New Hampshire
New Jersey
New York
Pennsylvania
Rhode Island
Vermont
West Virginia



SUGARS:
USE SPARINGLY

OILS:
CHOOSE WISELY



Developed by Jennifer L. Wilkins and Courtney E. Mayneak
Acknowledgement: Many thanks to Hugh Joseph, Julia Lizzo and Mimi Seidel for their input on content and design throughout the development process.

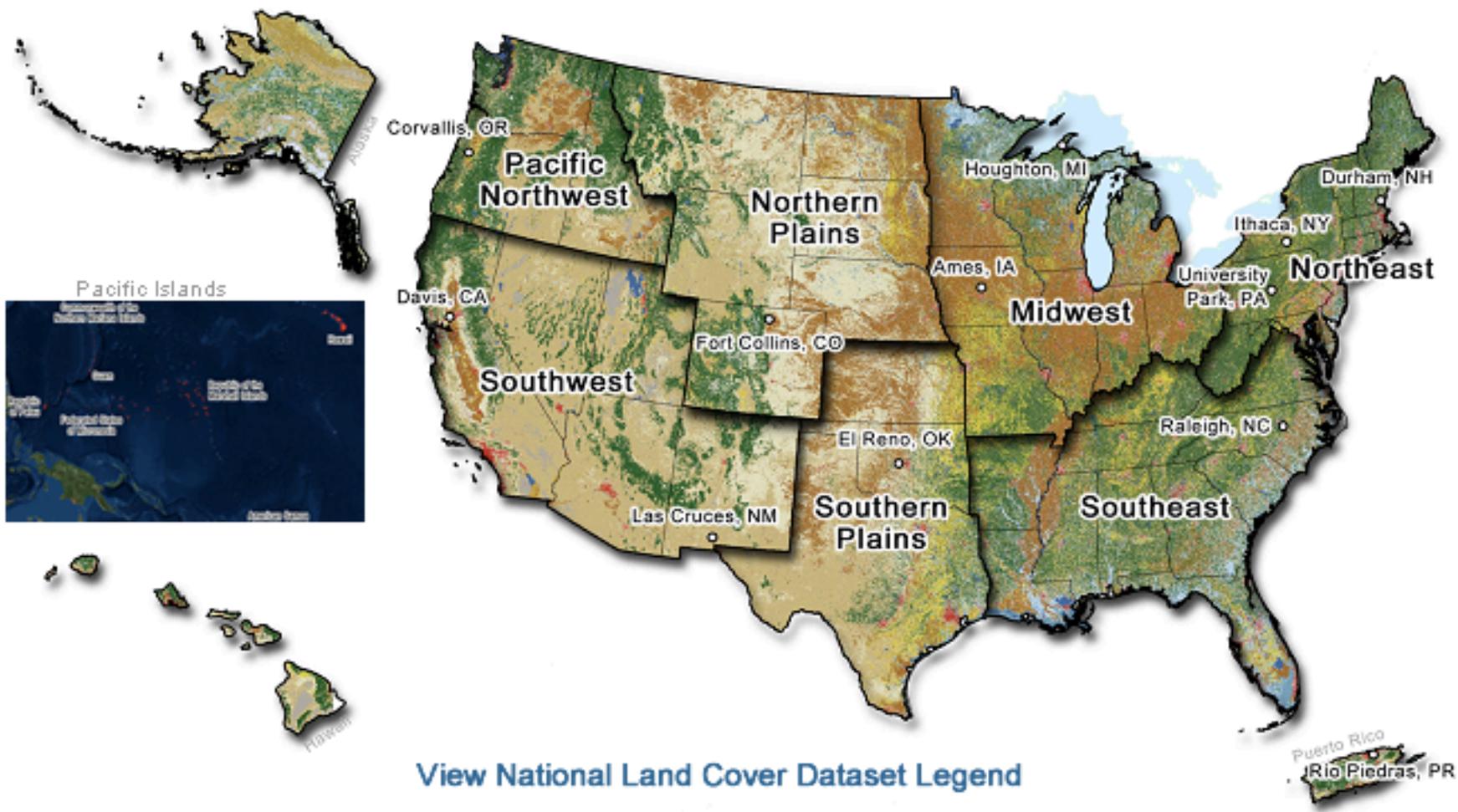
Graphic Design and Art Direction: Jennifer Infante Design
Photography by Walter Colley Images, Inc. Food stylist: Kim Salley

© 2014 Cornell University

Issues and Questions

- What is the capacity of the Northeast region to meet food needs of the population?
- Is the diversity of agricultural production adequate to supply human nutrient needs?
- To what extent can goals (beyond nutritional well-being) be accomplished through dietary guidance?
- How are food choices and food supply related?
- How can an understanding of regional food systems shape coordination, trade and cooperation among others regions?

USDA Climate Change Hubs



5 Dimensions of Food Access

- Availability
- Accessibility
- Affordability
- Accommodation
- Acceptability

Availability



Accessibility



Affordability



Acceptability



Accommodation



OPENING HOURS

TUESDAY 7AM - 5:30PM

*WEDNESDAY 9AM - 5:30PM

THURSDAY 9AM - 5:30PM

FRIDAY 7AM - 9PM

SATURDAY 7AM - 3PM

CLOSED SUNDAY & MONDAY

*SELECTED STALLS OPEN

