

HEALTH

Food Pyramid Out, 'My Plate' in for Healthy Eating

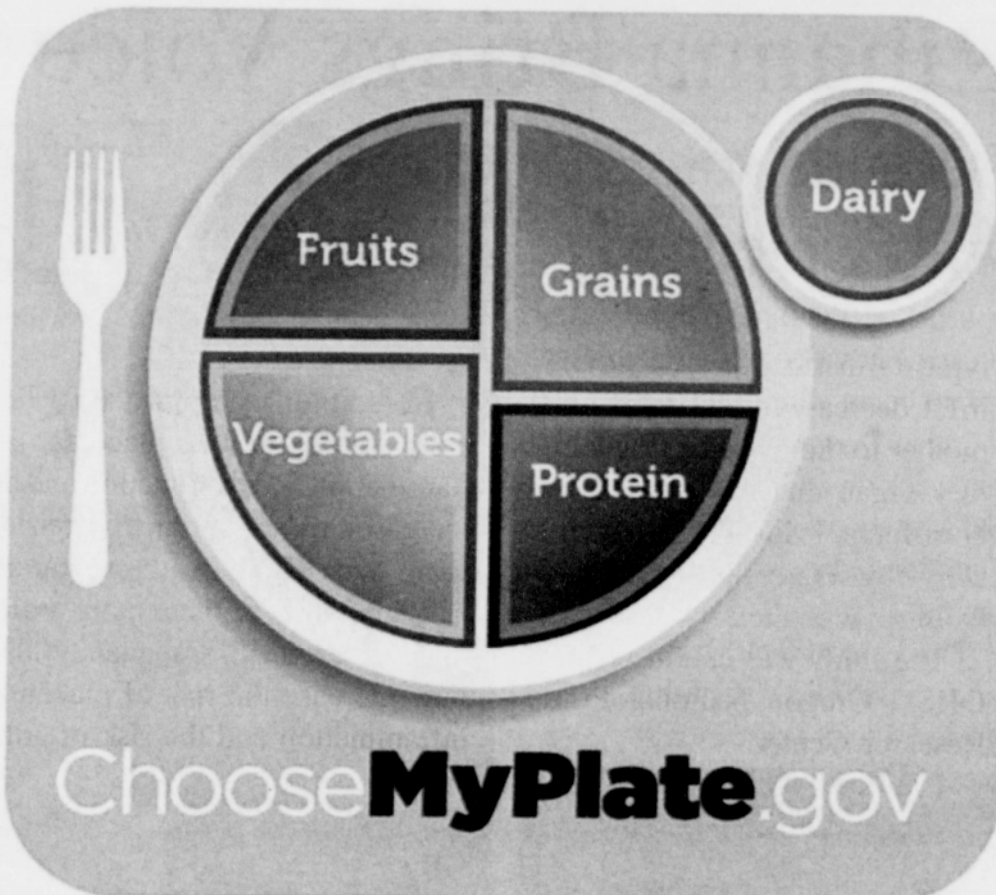
Simpler symbol new visual cue for diners

(AP) -- The Agriculture Department says "My Plate," its new healthy eating symbol, aims to show that nutrition doesn't have to be complicated.

"My Plate" — a simple circle divided into quadrants that contain fruits, vegetables, protein and grains — will replace USDA's food pyramid, which has been around in various forms since 1992. It comes with an accompanying website.

USDA officials say the pyramid was tired out, overly complex and tried to communicate too many different nutrition facts at once. The new symbol, unveiled Thursday at the department with first lady Michelle Obama in attendance, is simple and gives diners an idea of what should be on their plates when they sit down at the dinner table.

"It's grabbing the consumers' attention that we are after this time, not making it so complicated that perhaps it is a turnoff," said Robert



The federal government unveiled its new food icon, MyPlate, to serve as a reminder to help consumers make healthier food choices.

Post of USDA's Center for Nutrition Policy and Promotion. "There is something really inviting about this familiar setting for meal time."

The department is planning to use social media as one way of grabbing attention, posting advice ev-

ery day on Twitter, for example. The accompanying website, choosemyplate.gov, will be written on the chart. It will eventually feature interactive tools that help people manage their weight and track exercise.

Post, who has spent two years developing the plate and the website, said the new chart is designed to be "more artistic and attractive" and to serve as a visual cue for diners.

Gone are any references to sugars, fats or oils, and what was once a category called "meat and beans" is now simply "proteins." Next to the plate is a blue circle for dairy, which could be a glass of milk or a food such as cheese or yogurt.

Even though the plate is divided into four sections, the servings aren't supposed to be proportional. Every person has different nutritional needs, based on age, health

and other factors. The symbol, based on a new set of dietary guidelines released in January, is a general guideline.

The dietary guidelines that provide the foundation for the symbol are released every five years. In addition to telling people to drastically reduce salt and continue limiting saturated fats, the most recent set of guidelines asked diners to enjoy food but balance calories by eating less and taking smaller portions. It also suggested making half of your plate fruits and vegetables, a message easily translated on the dinner plate.



SHOW DOGS GROOMING SALON & BOUTIQUE

926 N. LOMBARD
PORTLAND, OR 97217
503-283-1177
TUES-SAT 9AM-7PM

YO DAWG IS GONNA LOOK LIKE A SHOW DAWG
AND YOUR KITTY WILL BE PRETTY

Cell Phone Cancer Risk

Using a mobile phone may increase the risk of certain types of brain cancer in humans and consumers should consider ways of reducing their exposure, World Health Organization cancer experts said on Tuesday.

A working group of 21 scien-

tists from 14 countries meeting at the WHO's International Agency for Research on Cancer (IARC) said a review of all the available scientific evidence suggested cell phone use should be classified as "possibly carcinogenic."

That classification could

prompt the United Nations health body to look again at its guidelines on mobile phones, the IARC scientists said, but more research is needed before a more definitive answer on any link can be given.

The WHO had previously said there was no established evidence for a link between cell phone use and cancer.

Peninsula Little League 2011

Closing Day Ceremony

Medallion Pick-Up

Board & Committee Elections



Albina-Lilis Park
Monday, June 20, 2011
6:00 p.m. - 8:00pm



Saving Our Youth One Summer At A Time!

P.O. Box 11581 * Portland, OR 97211 *

Honor the History ~ Join the Fun

juneteenth



oregon

Saturday, June 18, 2011

Freedom Trail Parade

down MLK Blvd and NE Killingsworth
starts at 11:00 AM

Free Community Festival

Jefferson High School - Sports Field
12 Noon to 6:00 PM

Performances by Musical Artists, Delicious Foods, Activities for Kids, Guest Speakers, Works of Art, Merchants' Marketplace, Community Services, and More.



JUNETEENTH OREGON

To become a sponsor, vendor, volunteer, or for more information, visit juneteenthoregon.com, or call 503-764-8836, or juneteenthoregon@gmail.com