

## “Fruits and Veggies – More Matters” Month – September 2011

The U.S. Department of Agriculture (USDA) released a replacement for its current food pyramid in support of dietary recommendations from the Dietary Guidelines for Americans 2010 to make half your plate fruits and vegetables. The new plate icon is sectioned off to show fruits and vegetables as half of the plate making the recommendation easy to understand. Making fruits and vegetables the focal point of every meal will help you meet your recommended amount each day.



Learn more about how you can incorporate more fruits and vegetables into your diet – click on these links:

- [Focus on Fruits](#)
- [Add More Vegetables](#)

