Ask the Expert: What is MyPlate and how does it differ from MyPyramid?

MyPlate is a visual cue to remind Americans to make healthy food choices. It is not meant to represent each individual’s specific food needs.

How does MyPlate differ from MyPyramid?

- The milk food group of MyPyramid has been changed to the dairy food group of MyPlate.
- The meat and beans food group of MyPyramid has been changed to the protein food group of MyPlate.
- MyPlate emphasizes fruit and vegetable consumption.
- The MyPlate image does not represent physical activity.
- Oils are no longer included in MyPyramid.

How is MyPlate the same as MyPyramid?

- MyPlate uses the same 5 food groups and colors for each food group.

To learn more about planning and preparing healthy meals, go online to www.chooseMyPlate.gov.

Source: www.choosemyplate.gov

Sign up for a “Green” Newsletter

If you would like to support the “go green” effort of this newsletter, and your organization has the means to receive an electronic copy, please contact us with your organization’s name and e-mail address at:
safefood@purdue.edu

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Inspection of Retorted Pouches

Discard Any Pouch With:

- Leaking seals, holes or punctures
- Folded over wrinkles cause by one side being longer than the other
- Cuts, cracks, or scratches that could leak
- Missing or illegible labels
- Misformed or incomplete seals with foreign objects trapped inside
- Severely wrinkled seals
- Bulges on seams

IF IN DOUBT, THROW IT OUT!

Adapted from Second Harvest National Food Bank Network, www.cfs.purdue.edu/safefood/foodsafety/guidelinesbag.html

To learn more about evaluating pantry foods, visit the Indiana’s Food for the Hungry website food safety resources at: www.cfs.purdue.edu/safefood/foodSafety.asp

Food Recall Information

For information about current and previous food recalls:

- FDA: http://www.fda.gov/Safety/Recalls/default.htm
- Food safety information provided by government agencies: www.foodsafety.gov/keep/recalls/index.html
- CDC’s toll-free public inquiries hotline (1-800-CDC-INFO or 1-800-232-4636)
Eating Right with Rolled Oats

Rolled oats are a whole grain, dried cereal that need to be cooked before eating. One half cup of cooked, rolled oats counts as 1 ounce from the grains group. The daily recommendation of grains is about 6 ounces per day for a 2,000 calorie diet.

Storage:
- Store unopened bags of oats in a cool, clean, dry place.
- After opening, keep package tightly closed.

Preparation/Cooking:
- Bring 1/2 cup water to boil. Stir in 1/2 cup oats.
- Cook for 5 minutes.

Uses and Tips:
- Cook rolled oats with chopped fruit and low-fat milk instead of water for a nutritious breakfast.
- Rolled oats can be used in a variety of baked dishes, such as muffins, breads and desserts.
- Rolled oats can be used in place of bread crumbs in meatloaf, or in chicken and fish patties.


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Fruity Homemade Oatmeal

Yield: 2 servings

Ingredients:
- 1 1/2 cups water
- 3/4 cup old-fashioned rolled oats
- 2 Tbsp raisins
- 1 cored and chopped apple
- 1 tsp cinnamon

Directions:
1. Remove the skin and core from the apple. Chop into small pieces.
2. Put the water in the saucepan and bring the water to a boil on medium heat.
3. Stir in the oatmeal, raisins, chopped apple, and cinnamon.
4. Turn heat to low and cook for 5 minutes, stirring often.


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Cinnamon Oatmeal Pancakes

Yield: 10 servings

Ingredients:
- 1 1/2 cups flour
- 1 tsp baking powder
- 1/2 tsp salt
- 1 Tbsp cinnamon
- 1 egg
- 1/2 cups cooked oats
- 1/2 cup evaporated milk
- 1/4 cup water

Directions:
1. Mix flour, baking powder, salt and cinnamon in a large bowl.
2. In a separate bowl, combine egg, oats, milk and water.
3. Stir the oatmeal mixture into the flour mixture until thoroughly combined.
4. Using a skillet over medium heat, spoon batter onto skillet and cook about 2-3 min. on each side or until golden brown and cooked throughout.

IFH welcomes new project director

The Indiana’s Food for the Hungry program has a new project director; we extend a warm welcome to Dr. Heather Eicher-Miller. Dr. Eicher-Miller is a Nutrition Education Assessment Specialist in the Department of Nutrition Science (formerly known as the Department of Foods and Nutrition) at Purdue University. Indiana’s Food for the Hungry program is familiar to Dr. Eicher-Miller as she was previously involved in the project while a student under the mentorship of Dr. Carol Boushey. Since then, Dr. Eicher-Miller completed her PhD studies and has been involved in various projects in the Department of Nutrition Science. Dr. Eicher-Miller’s research interests include food insecurity, nutrition education, and working with limited resource audiences. Dr. Eicher-Miller can be reached at: heicherm@purdue.edu.