MyPlate is a reminder to find your healthy eating style and build it throughout your lifetime. Everything you eat and drink matters. The right mix can help you be healthier now and in the future. This means:

- Focus on variety, amount, and nutrition.
- Choose foods and beverages with less saturated fat, sodium, and added sugars.
- Start with small changes to build healthier eating styles.
- Support healthy eating for everyone.

Eating healthy is a journey shaped by many factors, including our stage of life, situations, preferences, access to food, culture, traditions, and the personal decisions we make over time. All your food and beverage choices count. MyPlate offers ideas and tips to help you create a healthier eating style that meets your individual needs and improves your health. For a colorful visual of MyPlate and the 5 food groups, download What's MyPlate All About?.

Take a look at A Brief History of USDA Food Guides to learn more about previous food guidance symbols.

### Build a Healthy Eating Style

**All food and beverage choices matter – focus on variety, amount, and nutrition.**

- Focus on making healthy food and beverage choices from all five food groups including fruits, vegetables, grains, protein foods, and dairy to get the nutrients you need.
- **Eat the right amount of calories for you** based on your age, sex, height, weight, and physical activity level.
- Building a healthier eating style can help you avoid overweight and obesity and reduce your risk of diseases such as heart disease, diabetes, and cancer.

### Choose an eating style low in saturated fat, sodium, and added sugars.

- Use Nutrition Facts labels and ingredient lists to find amounts of saturated fat, sodium, and added sugars in the foods and beverages you choose.
- Look for food and drink choices that are lower in saturated fat, sodium, and added sugar.
  - Eating fewer calories from foods high in saturated fat and added sugars can help you manage your calories and prevent overweight and obesity. Most of us eat too many foods that are high in saturated fat and added sugar.
  - Eating foods with less sodium can reduce your risk of high blood pressure.
Spaghetti Pasta Salad with Avocado-Basil Dressing

Spaghetti rarely gets to star in a pasta salad, but it should. This easy pasta salad recipe makes a case for the long noodles to get top billing when paired with a tangy, no-cook dressing. To make the simple sauce, just blend up avocados, basil, and Greek yogurt plus apple cider vinegar for tart balance and honey to take the edge off raw ingredients. It makes the perfect coating for long swirls of spaghetti, which soak up every drop of the sauce. Chopped toasted almonds add crunch and cherry tomatoes add bursts of bright acidity. This makes a great casual weeknight dinner, and would pack particularly well for lunch on the go.

Ingredients
- ½ c. plain whole-milk Greek yogurt
- ½ c. water
- ½ c. loosely packed fresh basil leaves
- ¼ c. apple cider vinegar
- 1 T. honey
- ¾ t. kosher salt
- ½ t. freshly ground black pepper
- 2 small ripe avocados
- 5 c. cooked spaghetti
- 1 c. halved cherry tomato’s
- 1/3 c. chopped & toasted almonds

How to make it
1. Combine yogurt, water, vinegar, honey, salt, pepper, and avocado in a blender; process until smooth.
2. Rinse & drain pasta under cold water to separate. Place in large bowl. Add dressing, and toss to coat. Divide among 4 shallow bowls.
3. Top bowls evenly w/tomatoes, almonds, and fresh basil.

Viking Fit Fair

- 14 Nov 2018 (remind me)
- Cleveland State University Campus Recreation Center, Cleveland, USA

Viking Fit Fair will cover areas like Optional Advanced Fitness Tests, Partial Curl-Up and Flexibility Tests, Squat Challenge, Pull-Up Challenge, Chair Massages etc. At this show you will find out where your fitness levels and metabolism currently are.

Timings
- 11:00 AM - 01:00 PM General Hours

Entry Fees
- Not available*
  * for details check official website

Participants
- Visitors: 1000 - 5000
- Exhibitors: 100 - 50

Official Links
- https://10times.com/viking-fit-fair

Leadership is practiced not so much in words as in attitude and in actions.
Harold S. Geneen
Functional Nutrition

November 7, 2018  Wednesday  6:00 PM

Mustard Seed Market & Cafe
6025 Kruse Drive
Solon, Ohio 44139  Map

Gina Jones will be presenting an introduction to Functional Medicine Nutrition. Gina will be discussing the importance of a real food, nutrient dense diet to promote health and wellness as well as using food to heal from common health issues. Gina Jones is a Registered and Licensed Dietitian Nutritionist specializing in Functional Medicine Nutrition. Gina holds a bachelor’s degree in marketing from Cleveland State University. After dealing with her own autoimmune disorders, and using food as medicine, Gina became interested in nutrition. Gina went on to earn a master’s degree in Clinical Nutrition from Case Western Reserve University. Gina has been clinically trained and has practiced at Cleveland Clinic Foundation.

Find Tickets eventbrite.com

Taste of Fitness CLEVELAND in Cleveland

November 11, 2018  Sunday  8:00 AM

78th Street Studios
1300 West 78th Street
Cleveland, Ohio 44102  Map

A Taste of Fitness started in Columbus and has expanded to Cleveland for year two! Join us on Sunday, November 11 for "tastes" of 25 minute fitness classes. Take 1, 2 or as many as you'd like! Stick around for the braid bar + mini manicures by Manifest and tons of other health + wellness experience stations! The first 125 gals to sign up get a Fit Bag valued at over $100! This event supports Girls with Sole. You can support them via this link or bring donations to the event! The Schedule 8am: Doors Open: Coffee Station + Experience Stations 8:30am Sun Salutation Slow Flow by InnerBliss 9:00am STRONG by Zumba with Soza Fitness 9:30am Buti Yoga by Grooverlyde 10:00am Acro Yoga Workshop by Elizabeth & Tom DeWitte 10:30am Pilates by Studio 11 in Tremont 11:00am Bollywood Fusion by The Movement Factory 11:30am Barre by Barre 3 12:00pm Snacks + Soul Connect Empowerment Sesh 12:30pm Yin Yoga Cooldown by Cleveland Yoga 1:00pm Go home and enjoy your Sunday! The Experience Stations (more to come) Complimentary Manicures by Manifest Complimentary Braid Bar by Manifest Juice Samples by Restore Accent Nails by Color Street! Smoothie samples by Propello Life Shopping with BendActive: Free Body Fat Tests by Junker Fitness Vitality Greens Superfood Samples by Surefire Wellness Arbonne Protein Bites + Healthy Treats Raw Esthetics skin + Body Studio & Cleveland Cupping offering mini cupping massage + at home regimen Mini chair massage + Posture Scans by Inspired Chiropractic and Wellness Hello Fresh Raffle Myofascial foam roller demos by Club Pilates Solon

Find Tickets