



FIG 4-4 MyPlate. MyPlate advocates building a healthy plate by making half of your plate fruits and vegetables and the other half grains and lean protein. Avoiding oversized portions, making half your grains whole grains, and drinking fat-free or low-fat (1%) milk are among the recommendations for a healthy diet. (From US Department of Agriculture, Center for Nutrition Policy and Promotion: *MyPlate*, 2015, www.ChooseMyPlate.gov.)

Box 4-8

Dietary Reference Intakes for an Individual

Estimated Average Requirement (EAR): Used to examine the possibility of inadequacy.

Recommended Dietary Allowance (RDA): Dietary intake at or above this level usually has a low probability of inadequacy.

Adequate Intake (AI): Dietary intake at or above this level usually has a low probability of inadequacy.

Tolerable Upper Intake Level (UL): Dietary intake above this level usually places an individual at risk of adverse effects from