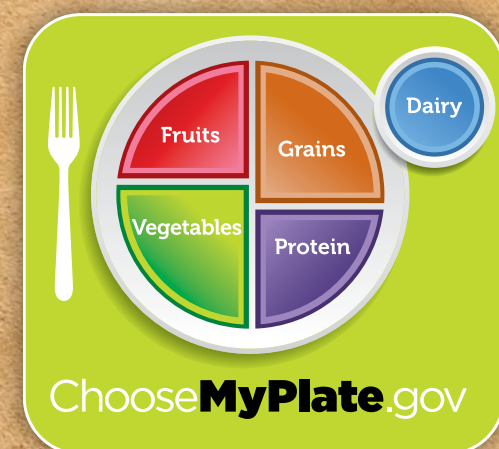


# MyPlate Northeast

## Introducing MyPlate: Northeast!

This is both an exciting and challenging time for our food system. Increasingly, people want to know where their food comes from, and how it is grown, processed, and packaged. Locally and regionally-grown foods are more available, thanks to farmers' markets, farm to school programs, and community supported agriculture. At the same time, climate change, limited energy and water supplies, and fragile fish stocks are challenging the availability of safe and nutritious food for all people, as well as the earth's ability to support the food needs of its growing population.



Just like USDA's MyPlate, this regional food guide reflects the latest diet recommendations associated with nutritional well-being. In addition, My Northeast Plate promotes seasonally varied, locally-based diets for a food system that supports rather than harms the environment and one that can better adapt to climate changes as needed. Evidence suggests that plant-based, regionally sourced diets, largely composed of minimally processed foods, can significantly reduce some of the negative environmental impacts of our food choices.

Eating locally produced foods also strengthens the market for Northeast farmers. Northeast agriculture is diverse and bountiful! Many foods pictured on the guide are available regionally year round: milk, yogurt, and cheeses; dry beans, nuts, eggs, poultry, fish, and meats; and breads, cereals, pasta, tortillas, and whole grains. Most fresh fruits and vegetables are available on a seasonal basis, but several, such as hearty root vegetables and apples, store well and maintain their quality for months. Being a local food consumer in the Northeast means choosing more stored, dried, frozen and canned produce in the winter and enjoying our region's abundant fruits and vegetables fresh during the spring, summer, and fall.

*Happy local eating!*



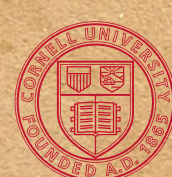
Connecticut  
Delaware  
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**SUGARS:**  
USE SPARINGLY



**OILS:**  
CHOOSE WISELY



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