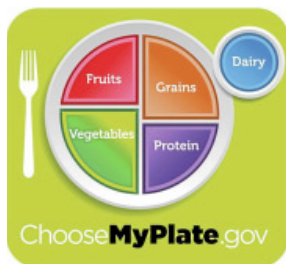




June 4, 2011 – Grand Rapids, MI

Your Plate

The U.S. Department of Agriculture revealed their new icon for eating healthy on Thursday. Out goes the Food Guide Pyramid and in comes the Choose My Plate icon.



They spent the past two years and a couple of million dollars to develop it. It's supposed to be easier to know what to eat. Why easier? Well, people complained they couldn't figure out the Pyramid, that it was too hard to know what to eat. Because this mimics a plate, it's supposed to be easier for you to know what food choices you should make at every meal.

Here's what I want you to do: I want you to fix your plate with foods you think would fit in this graphic. If you want to do it more than once, fine. **Do not** go to the website to get any additional information. If this is supposed to be easier to interpret, I want to know how you'd interpret it without any additional information. That's the whole idea.

Then take a picture of your plate and send it to me, by smartphone or email: drchet@drchet.com. You could also post it on your Facebook page—and if we're not friends yet, search for Chet Zelasko PhD (not plain Chet Zelasko—I'm trying to close that one), click "Add as Friend," and I'll friend you.

I want to see how you interpret this graphic without any additional information. I'll put them together in a photo album on my Facebook page next week. (Okay, to be honest, it will be Paula who does that—I'll stick to science.)

Energy Drinks and Adolescents

I'm doing my radio show on the Clinical Report published this week in the American Academy of Pediatrics on energy and sports drinks and children. If you care about children or sports and energy drinks, please listen. It's that important. You don't have to make a trip to West Michigan to catch the show—the information on how to listen online throughout the world is below.

What are you prepared to do today?

Dr. Chet

WGUV FM 88.5/95.3 npr ***Straight Talk on Health***

Hear Dr. Chet's take on the latest health news and research—listen to *Straight Talk on Health* at 7 p.m. Sunday in the Eastern Time Zone on WGUV-FM 88.5 or 95.3, or listen live via the Internet by going to www.wgvu.org and clicking on "Listen Live" in the gray bar at the top.

The health information in this message is designed for educational purposes only. It's not a substitute for medical advice from your healthcare provider, and you should not use it to diagnose or treat a health problem or disease. It's designed to motivate you to work toward better health, and that includes seeing your healthcare professional regularly. If what you've read raises any questions or concerns about health problems or possible diseases, talk to your healthcare provider today.

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