

Nemours Children's Health, Nemours® KidsHealth® Recognized as National Strategic Partners by USDA for Commitment to MyPlate

WASHINGTON, D.C. (July 1, 2024) — Nemours Children's Health and Nemours KidsHealth® have been selected as U.S. Department of Agriculture (USDA) [MyPlate](#) National Strategic Partners. Nemours Children's Health is the first pediatric health system—and first health system nationally—to become a MyPlate National Strategic Partner.



"Nemours Children's Health is proud to join with USDA MyPlate as the first health system National Strategic Partner to support healthy eating among children and families," said Allison Gertel-Rosenberg, Vice President, Chief Policy and Prevention Officer, Nemours Children's Health. "We have long worked with child health stakeholders, including, for example, partners in early care and education, state agencies and community-based organizations, to ensure children and families have access to nutrition information and nutritious foods. We hope this latest effort furthers our work to create the healthiest generations of children."

MyPlate is a guide to help families adopt a healthy eating style and build it throughout their lives. The MyPlate guidance, created in 2011, replaced the Food Guide Pyramid. The MyPlate tools have been used by both individuals and professionals to become more aware of and educated about making healthy food and beverage choices.

Nemours Children's powers Nemours KidsHealth, the world's most-visited website for information on the health of children and teens. The site features comprehensive information and guidance about MyPlate for parents, kids, and teens.

"Nemours KidsHealth has been a pioneer and leader in pediatric health content for more than 25 years," said Matthew M. Davis, MD, MAPP, Executive Vice-President, Enterprise Physician-in-Chief and Chief Scientific Officer, Nemours Children's Health. "Through our partnership with the USDA's MyPlate program, we continue to build upon our work to go well beyond medicine. We provide parents, kids and teens across the country with family-friendly resources to support them in their efforts to eat in a healthy way, because we know that helps prevent health problems in the future."

MyPlate guidelines say that individuals should:

- Make half your plate fruits and vegetables; focus on whole fruits and vary your veggies
- Make half your grains whole grains
- Vary your protein routine
- Move to low-fat or fat-free dairy milk or yogurt (or lactose-free dairy or fortified soy versions)

As National Strategic Partners, Nemours Children's and Nemours KidsHealth will continue to promote MyPlate nutrition guidance to support healthy eating among children and families. They will also collaborate with other National Strategic Partners to share learnings on how to effectively promote healthy eating.

About Nemours Children's Health

Nemours Children's Health is one of the nation's largest multistate pediatric health systems, which includes two freestanding children's hospitals and a network of more than 70 primary and specialty care practices. Nemours Children's seeks to transform the health of children by adopting a holistic health model that utilizes innovative, safe, and high-quality care, while also addressing children's needs well beyond medicine. In producing the highly acclaimed, award-winning pediatric medicine podcast *Well Beyond Medicine*, Nemours underscores that commitment by featuring the people, programs and partnerships addressing whole child health. Nemours Children's also powers the world's most-visited website for information on the health of children and teens, [Nemours KidsHealth.org](#).

The Nemours Foundation, established through the legacy and philanthropy of Alfred I. duPont, provides pediatric clinical care, research, education, advocacy, and prevention programs to the children, families and communities it serves. For more information, visit [Nemours.org](#).

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