



# CONNECTING AGRICULTURE & HEALTH



**PATH TO THE PLATE**

TEXAS A&M AGRILIFE EXTENSION

**PATH TO THE PLATE** is a research-based education program that helps consumers understand how their food choices impact their health.

By understanding more about how food is grown and produced, consumers can make informed food choices for themselves and their families.

**Agriculture plays an important role in our daily lives**, from the production of food, to its harvest, to how it arrives on our table.

Our health is dependent on what we eat and the choices we make related to food, but it can be difficult to understand the claims in food's **packaging, marketing and labeling**. "Natural?" "Healthy?" "Local?" "Non-GMO?" These terms have no formal definition, are not currently regulated, and are frequently changing. Misinformation shared via social media adds to the confusion.

**Path to the Plate** strives to provide the best, most reliable science-based information from nutrition professionals, health providers and premier agricultural scientists to help Texans make healthier choices.



**98.6%** OF TEXAS FARMS AND RANCHES ARE FAMILY FARMS, PARTNERSHIPS OR FAMILY-HELD OPERATIONS



IN TEXAS, THERE ARE

**242,000** FARM OPERATIONS

WHICH OPERATE OVER

**130 MILLION** ACRES



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**AGRILIFE**  
EXTENSION

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