

Healthy Habits

Program Guide



a game plan for the mind, body and soul



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Foreword

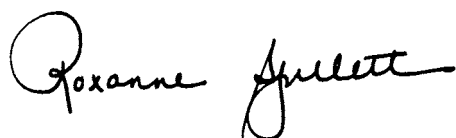
Boys & Girls Clubs historically have been at the forefront of youth development, working with young people from disadvantaged circumstances. Clubs have sought actively to enrich the lives of girls and boys. Our Movement is dedicated to ensuring that young people have greater access to quality programs and services that will enhance their lives and shape their futures.

In the United States each year, obesity, unhealthful eating and physical inactivity account for more than 300,000 preventable deaths from chronic diseases, such as heart disease, stroke, cancer and diabetes. Unless changes are made, there will be an even greater prevalence of obesity and chronic health problems in the future, as obesity among children and teens has nearly doubled during the past two decades.

Boys & Girls Clubs of America's sponsors and partners, The Coca-Cola Company and WellPoint Foundation, have made a generous commitment to support *Triple Play: A Game Plan for the Mind, Body and Soul*. This national initiative takes a holistic approach to educating young people about good nutrition, making physical fitness a daily practice and developing individual strengths and good character. The U.S. Department of Health and Human Services has taken a strong interest in Triple Play because it is in line with its *Steps to a HealthierUS* initiative. Working together, this unbeatable team will help Boys & Girls Club youth achieve this winning combination.

Healthy Habits promotes health and wellness for Boys & Girls Club members ages 6 to 18. Healthy Habits is a user-friendly small-group program that utilizes informational and experiential learning activities to help members develop healthy attitudes and behaviors about nutritional eating and physical fitness. This program supports Club members in making positive decisions about their well-being. Participants build skills for maintaining physical fitness and making positive lifestyle changes.

We urge you to incorporate Healthy Habits, the "Mind" component of the Triple Play strategy, in your annual programming. We challenge you to work with other community agencies to reverse the alarming trend of childhood obesity. We all have a role in making sure our young people adopt lifelong, healthy lifestyles that include vigorous physical activity and a wholesome, balanced diet.



Roxanne Spillett
President
Boys & Girls Clubs of America

Acknowledgments

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Triple Play is BGCA's first comprehensive health and wellness initiative developed in collaboration with the U.S. Department of Health and Human Services. The initiative is made possible through the generous support of The Coca-Cola Company and WellPoint Foundation.

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Introduction

Triple Play: A Game Plan for the Mind, Body and Soul

Welcome to Boys & Girls Clubs of America's Healthy Habits program, part of BGCA's Triple Play initiative.

Triple Play: A Game Plan for the Mind, Body and Soul is a dynamic new Boys & Girls Club initiative that demonstrates how eating right, keeping fit and forming positive relationships adds up to a healthy lifestyle for Club members. As Club professionals, you can teach youth how to understand nutrition and make better food choices. You can engage members in daily physical activities for the health of their growing bodies and demonstrate the fun in staying fit.

Healthy Habits is the "Mind" component of Triple Play, where eating smart and maintaining physical fitness are emphasized to improve the overall well-being of Club members.

The Healthy Habits program is designed to:

- Teach young people about the benefits of healthy habits such as eating right and being physically active.
- Equip young people with skills to adopt healthier habits by participating in fun and engaging learning activities both at the Club and at home.
- Encourage young people to take small steps toward positive behavior change.

Lessons Overview

This program contains the background information, step-by-step lesson plans and handouts you will need to teach lessons and conduct activities for 10 topics. The lessons are designed for the following age groups: 6- to 8-year-olds, 9- to 12-year-olds and 13- to 18-year-olds – the Teen Group.

A note about the Teen Group: While the information in the teen lessons is appropriate for all teens, we encourage Club professionals to gather teen members in the more traditional Club age groups, 13 to 15 and 16 to 18, to promote a more comfortable environment for participants and encourage more participation and discussion.

Generally, each lesson and activity will take about 30 minutes for 6- to 8-year-olds and about 45 minutes for the older age groups. You can shorten or lengthen the time frame according to the needs and interests of your group.

The lessons cover the following topics:

Lesson 1, MyPyramid is Your Pyramid!

The U.S. Department of Agriculture's (USDA) MyPyramid is a science-based guide to healthy eating and physical activity for Americans over age 2. In this lesson, young people learn MyPyramid's basic principles.

Please conduct this lesson first. Teaching about MyPyramid and how to follow it provides an important foundation for conducting the other lessons in this program. You may want to allow extra time to teach this lesson and conduct the activity. After you teach the MyPyramid lesson, you may teach the remaining lessons in any order.

Lesson 2, Stamp Out Portion Distortion!

Members become more aware of portion sizes – the amount they choose to eat – compared to serving sizes defined by the Nutrition Facts food label and amounts recommended by MyPyramid. They also learn about “portion distortion,” which is eating amounts of foods and beverages that are too big for their body size, too big in relation to the amounts of other foods and beverages they have in a day or too big for the amount of physical activity they do.

Lesson 3, Eating for Energy Part 1: Power Your Body and Brain with Breakfast

This lesson teaches youth about the benefits of eating breakfast, including whole grain options, and gives them a hands-on experience of preparing and tasting a quick and nutritious breakfast recipe.

Lesson 4, Eating for Energy Part 2: Snacking, Fluids and Fad Diets

Members learn about “zappers” such as poor snacking habits, not drinking enough fluids and following fad diets. Members also learn new habits for “energy boosters.”

Lesson 5, Pick Up on Produce: Fruits and Veggies

Many young people (and adults) fall short on eating recommended amounts of fruits and vegetables. This lesson teaches youth that fruits and veggies aren’t just good for them – they taste good, too.

Lesson 6, Now We’re Cooking!

In this lesson, members really “get cooking” when they experience the fun of teaming up to prepare and taste a nutritious recipe.

Lesson 7, Building Healthy Bones – and Teeth, Too

The eating, exercise and oral hygiene habits young people establish now may last a lifetime. In this lesson, members learn how to keep their bones and teeth strong and healthy.

Lesson 8, Your Body – All Systems Go!

Members learn about the important jobs different body parts perform and how to keep them in top condition.

Lesson 9, Focus on the Food Environment

This lesson helps youth learn about different types of food cues and how they affect when and what they eat.

Lesson 10, Eating Away from Home

Most of us eat at least one meal a day away from home. This lesson helps members learn to make healthier choices when purchasing foods at fast food restaurants, school cafeterias, vending machines and convenience stores.

Tools to Teach Each Lesson

Each lesson includes several tools and activities to help teach members about the topic.

1. **Healthy Habits Poster** – There is an English version and a Spanish version of this poster, promoting Healthy Habits and the Triple Play: A Game Plan for the Mind, Body and Soul initiative. Display this poster to get members excited about the program.

2. **MyPyramid Poster** – There are two versions of this poster: one for younger members and one for the older groups. Display this poster at each lesson. You'll refer to it often as you teach about MyPyramid.
3. **Fight BAC! Keep Food Safe from Bacteria Poster** – Display this poster at each lesson to reinforce the importance of hand washing before snack time or recipe preparation. You'll also use it to discuss other aspects of food safety during Lesson 6, Now We're Cooking!
4. **Smart Snack Sheet** – Each lesson includes a snack or a recipe preparation activity and tasting. When the lesson calls for a snack, refer to the Smart Snack Sheet (found in Resources, p. 246) for easy and nutritious options.
5. **Energizing Exercises List** – To promote physical activity at each lesson, lead the kids in at least one Energizing Exercise and review the benefits of exercise. Choose an idea from the Energizing Exercises list (found in Resources, p. 248), come up with your own or ask the kids to think of creative ways to get moving.
6. **Step-by-Step Instructions** – Each lesson lists materials and provides step-by-step instructions to help you prepare for and conduct the lesson. *Read the lesson carefully a few days before you plan to teach it so you'll have enough time to prepare.*
7. **Key Teaching Points** – Each lesson includes key points to guide you in teaching kids about the topic. Adapt the level of detail you provide to the age and learning level of your group.
8. **Learning Activities** – Each lesson provides instructions for conducting age-appropriate activities that reinforce what the Club members learned about the topic.
9. **Reproducible Handouts and Worksheets** – Each lesson provides the handouts you need in a reproducible format. These are found in Resources, starting on p. 201.
10. **Take-Home Challenges** – At the end of each lesson, you'll find suggested challenges for participants to do at home before the next meeting. These challenges reinforce what the members learned about healthy eating and physical activity and promote small steps toward adopting healthy habits.
11. **Take-Home Challenge Checklist** – Display and use this laminated checklist at each lesson to recognize youth for accomplishing the Take-Home Challenges. Please note that only dry-erase markers can be used for easy cleaning and reuse.
12. **Background Reading** – Additional articles related to each topic are available in Resources, starting on p. 157. The articles are reproducible and written at an appropriate reading level for most members. Use the articles for your own background reading, and feel free to provide members with a copy to take home.
13. **Additional Resources** – Additional Web resources are listed at the end of each lesson for finding more information on the lesson's topic. *Note: BGCA has reviewed these sites and deems them appropriate for Club staff and members; however, links on these or any other Web sites may not meet the same standards. Most links are not affiliated with host sites and might contain objectionable material. Some sites may request personal identifying information from users. Please keep in mind that the content of Web sites changes constantly, so you may not always be able to find a referenced resource, and you should screen any Web sites before allowing Club members to visit them. Club staff should closely supervise youth when they use the Internet. To ensure safety and appropriate use of your Club's computers, we encourage you to develop and adopt an Acceptable Use Policy. This policy*

should outline specific guidelines and procedures for staff and members to follow, including securing written permission from parents or guardians for their children to use the Internet at your Club and requiring members to complete an orientation to Internet use prior to receiving access. For guidance on creating an Acceptable Use Policy, visit the Club Tech Planning Resources section of www.bgca.net.

14. **Sample Grant Funding Proposal and Sample Press Release** – Both are available in Resources, p. 254 and p. 252.

Important Notes!

- Please ask each child to bring a journal or notebook to each session. They will use it to take notes as you teach each lesson and to record information for some of the weekly Take-Home Challenges you assign.
- Please distribute copies of the **Program Participation Letter to Parents** and **Parental Permission/Food Allergy Waiver Form** (found in Resources on p. 249 and p. 251) to each member *before* the beginning of the program. Ask each member to discuss any possible food allergies with his or her parents, sign the waiver and return it to the Club before participating in a snack or recipe preparation.
- Keep all participants' completed, signed **Parental Permission/Food Allergy Waiver Forms** in a file with your participant attendance roster and other materials you use for weekly or daily implementation of the program. Prior to each lesson, as you make preparations for snacks or recipes, refer to the Food Allergy Waiver Forms to identify participants who may have allergies to the foods you will use. Make alternate provisions for allergic participants or choose different snacks or recipes to use during the lesson.
- Please note that in each lesson, whenever you are to deal with food, a box entitled **Important Notes About Cleanliness and Food Allergies!** appears to remind you to ensure cleanliness and check for possible food allergies among your members.

A Special Word About Food

The families of some Club members may struggle with economic issues or other factors that make certain foods unavailable to them. As you teach these lessons, please be sensitive to this possibility and adjust the talking points, activities and food examples used in these lessons accordingly.

No one should go hungry. If it appears that a Club member needs food assistance, consider contacting the parent or caregiver to offer information about the many Nutrition Assistance Programs provided by the U.S. Department of Agriculture's Food and Nutrition Service. You can access this information at www.fns.usda.gov/fns/.

Clubs are encouraged to check into this Web site, too. In addition to information for providing food for families, the Food and Nutrition Service can help Clubs partner with other agencies within the community to apply for federal programs that provide after-school snacks, summer lunches and other healthy benefits for members.

Deepening Impact on Club Youth Through Healthy Habits

Impact is the effect that Boys & Girls Clubs have on members: the contribution the Club makes to the attitudes, skills, values and behaviors that enable youth to succeed in adulthood.

Boys & Girls Clubs of America conducted the 2004-2005 National Deepening Impact Study in 25 small, medium and large Clubs in public housing, on military bases, on Native lands, in schools and in more traditional settings. BGCA interviewed Club management, staff, teens and community leaders and conducted in-depth Club visits.

The study revealed that the most successful Clubs operate on these principles:

- Club leadership has a high expectation that the Club will always provide the best possible experience to Club members.
- Club professionals believe in the capacity of every youth to succeed.
- Leadership and staff expect everything the Club does to be world-class.

The study also found that the impact a Club has on any member is a function of the member's level of participation and the degree to which the Club implements five key elements, based on research and our traditions as a Movement.

The five key elements for deepening impact are:

1. **A safe and positive environment** – Club staff, facilities, program offerings and age-appropriate settings should produce a sense of physical and emotional safety and provide continuity and predictability for members.
The Healthy Habits program provides age-appropriate information and ideas for members to improve their eating habits and gain a sense of control over their health. Each lesson follows a predictable format, yet is unique in its learning activities. In addition, each lesson builds on the ideas presented in the other lessons.
2. **Fun and sense of belonging** – Clubs should generate happiness, fun and enjoyment for members.
Each Healthy Habits lesson uses an upbeat approach to instruction and fun group activities to teach kids about healthy eating and physical activity. Many of the activities provide opportunities for Club members to demonstrate their creativity and support each other.
3. **Supportive relationships** – Clubs should provide youth with the opportunity to develop meaningful relationships with peers and adults.
The Healthy Habits program asks Club members to participate with peers in group and team activities. The lessons provide ample background information so instructors are prepared to teach the lessons and offer constructive guidance during each lesson's activities.
4. **Opportunities and expectations** – Clubs should allow members to acquire a range of physical, social, technological, artistic and life skills.
Healthy Habits teaches Club members how to choose a healthy diet, prepare healthy meals and snacks, establish a regular physical activity program and practice good oral hygiene. In addition, many of the activities encourage Club members to work with their peers to solve problems and use their creativity.
5. **Recognition** – Clubs should make use of multiple methods for recognizing and affirming young people's accomplishments.

The Healthy Habits program offers positive feedback and small rewards for accomplishing activities at the Club, as well as public recognition for practicing healthy habits at home by posting accomplishments on the Take-Home Challenge Checklist.

When these five forces are in place in a youth's life, they counteract the negative forces that can deter youth from positive social development. By taking part in the Healthy Habits program, Club members will have the opportunity to grow into healthy, constructive individuals.

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A Close Look at MyPyramid For Kids

MyPyramid for Kids reminds you to be physically active every day, or most days, and to make healthy food choices. Every part of the new symbol has a message for you. Can you figure it out?

Be Physically Active Every Day

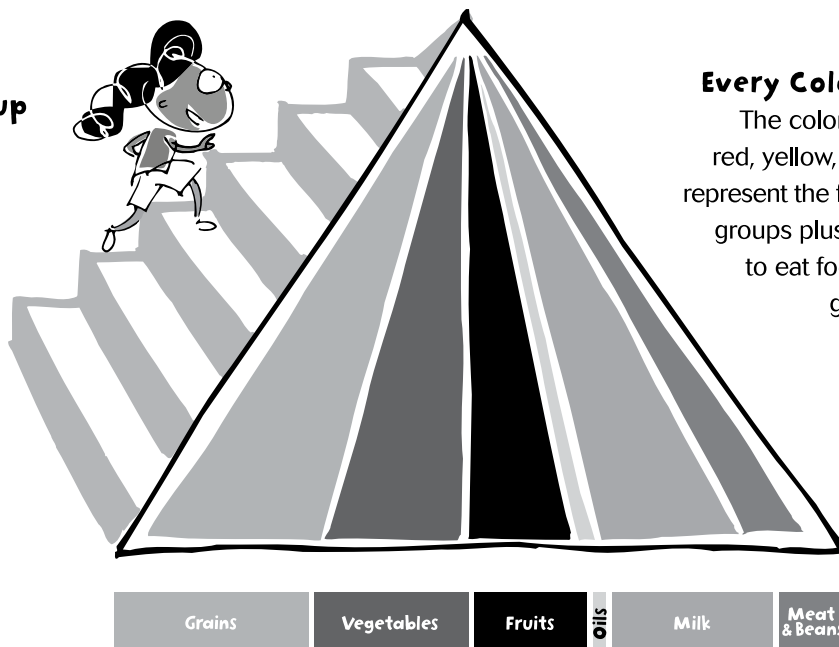
The person climbing the stairs reminds you to do something active every day, like running, walking the dog, playing, swimming, biking, or climbing lots of stairs.

Eat More From Some Food Groups Than Others

Did you notice that some of the color stripes are wider than others? The different sizes remind you to choose more foods from the food groups with the widest stripes.

Choose Healthier Foods From Each Group

Why are the colored stripes wider at the bottom of the pyramid? Every food group has foods that you should eat more often than others; these foods are at the bottom of the pyramid.



Every Color Every Day

The colors orange, green, red, yellow, blue, and purple represent the five different food groups plus oils. Remember to eat foods from all food groups every day.

Make Choices That Are Right for You

MyPyramid.gov is a Web site that will give everyone in the family personal ideas on how to eat better and exercise more.

Take One Step at a Time

You do not need to change overnight what you eat and how you exercise. Just start with one new, good thing, and add a new one every day.



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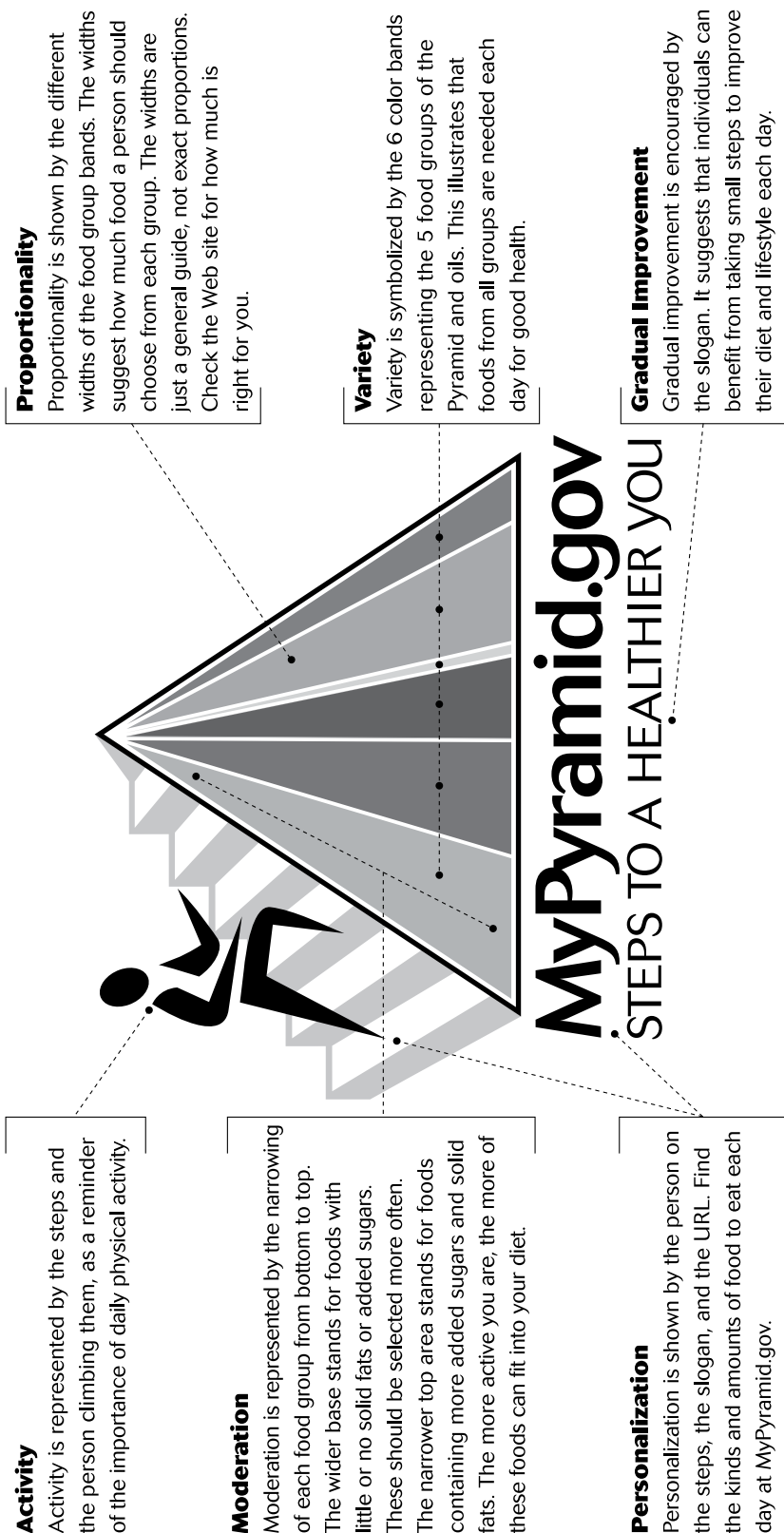


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Anatomy of MyPyramid

One size doesn't fit all

USDA's new MyPyramid symbolizes a personalized approach to healthy eating and physical activity. The symbol has been designed to be simple. It has been developed to remind consumers to make healthy food choices and to be active every day. The different parts of the symbol are described below.



USDA
U.S. Department of Agriculture
Center for Nutrition Policy
and Promotion
April 2005 CNPP-16

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Avoid Foodborne Illness

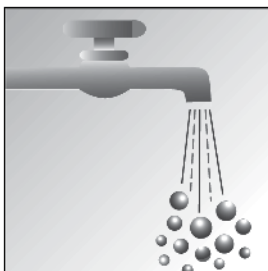
Fight BAC!®

The US food supply is among the safest in the world, but organisms that you can't see, smell, or taste—bacteria, viruses and tiny parasites—are everywhere in the environment. These microorganisms—called pathogens—can invade food and cause illness, sometimes severe and even life-threatening illness, especially in young children, older adults, and persons with weakened immune systems. In pregnant women, foodborne illness can endanger their unborn babies.

The most common symptoms of foodborne illness are diarrhea, abdominal cramps, vomiting, head- or muscle-aches, and fever. Symptoms usually appear 12 to 72 hours after eating contaminated food but may occur between 30 minutes and 4 weeks later. Most people recover within 4 to 7 days without needing antibiotic treatment.

If symptoms are severe or the ill person is very young, very old, pregnant, or already ill, call your doctor immediately.

Everyone should follow these **four simple steps** to food safety



1. Clean: Wash hands and surfaces often.

Bacteria, viruses, and parasites can be spread throughout the kitchen and get onto cutting boards, utensils, and countertops. Here's how to **Fight BAC!®**:

- Wash your hands with hot, soapy water before and after handling food and after using the bathroom, changing diapers, and handling pets.
- Wash your cutting boards, dishes, utensils, and countertops with hot, soapy water after preparing each food item and before you go on to the next food.
- Important: Rinse raw produce in water. Don't use soap or detergents. If necessary, use a small vegetable brush to remove surface dirt.

Who is at risk

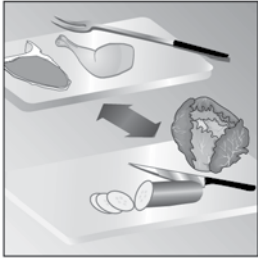
Young children, pregnant women, older adults and persons with weakened immune systems are at a higher risk for foodborne illness. Immune systems may be weakened by medical treatments, such as steroids or chemotherapy, or by conditions, such as AIDS, cancer or diabetes. You are also at increased risk if you suffer from liver disease or alcoholism or if you have decreased stomach acidity (due to gastric surgery or the chronic use of antacids).

If you are at risk

If you face a higher risk of foodborne illness you are advised not to eat:

- Raw fish or shellfish, including oysters, clams, mussels and scallops
- Raw or unpasteurized milk or soft cheeses unless they are labeled "made with pasteurized milk"
- Refrigerated patés or meat spreads (canned or shelf stable patés and meat spreads may be eaten)
- Raw or lightly cooked eggs or foods containing raw or lightly cooked eggs, including certain salad dressings, cookie and cake batters, sauces and beverages such as unpasteurized egg nog (foods made from commercially pasteurized eggs are safe to eat)
- Refrigerated smoked seafood unless in a cooked dish such as a casserole
- Raw or undercooked meat or poultry
- Raw sprouts (alfalfa, clover and radish)
- Unpasteurized or untreated fruit juices or vegetable juices (these juices will carry a warning label)

Important: Some foods that are bought pre-cooked should be reheated because they can become contaminated with pathogens after they have been processed and packaged. These foods include: hot dogs, luncheon meats (cold cuts), fermented and dry sausage and other deli-style meat and poultry products.



2. Separate: Don't cross-contaminate.

Cross-contamination is the word for how bacteria, viruses, and parasites can be spread from one food product to another. This is especially true when handling raw meat, poultry, seafood, and eggs, so keep these foods and their juices away from ready-to-eat foods. Here's how to **Fight BAC!**®:

- Separate raw meat, poultry, and seafood from other foods in your grocery shopping cart and in your refrigerator.
- If possible, use a different cutting board for raw meat, poultry and seafood products.
- Always wash hands, cutting boards, dishes, and utensils with hot, soapy water after they come in contact with raw meat, poultry, seafood, and eggs.
- Use separate plates for cooked food and raw foods.



3. Cook: Cook to proper temperatures.

Food safety experts agree that foods are properly cooked when they are heated for a long enough time and at a high enough temperature to kill the harmful pathogens that cause foodborne illness. The best way to **Fight BAC!**® is to:

- Use a clean thermometer that measures the internal temperature of cooked food to make sure meat, poultry, and casseroles are cooked to the temperatures in the chart at right.
- Cook eggs until the yolk and white are firm. If you use recipes in which eggs remain raw or only partially cooked, use pasteurized eggs.
- Fish should be opaque and flake easily with a fork.
- When cooking in a microwave oven, make sure there are no cold spots where pathogens can survive. For best results, cover food, stir, and rotate for even cooking. If there is no turntable, rotate the dish by hand once or twice during cooking.
- Bring sauces, soups, and gravy to a boil when reheating.



4. Chill: Refrigerate promptly.

Refrigerate foods quickly because cold temperatures keep harmful pathogens from growing and multiplying. So, set your refrigerator no higher than 40°F and the freezer at 0°F. Check these temperatures occasionally with an appliance thermometer. Then, **Fight BAC!**® by following these steps:

- Refrigerate or freeze perishables, prepared foods, and leftovers within two hours or sooner.
- Never defrost food at room temperature. Thaw food in the refrigerator, under cold running water, or in the microwave.
- Marinate foods in the refrigerator.
- Divide large amounts of leftovers into shallow containers for quick cooling in the refrigerator.
- Don't pack the refrigerator. Cool air must circulate to keep food safe.

Safe cooking temperatures

Internal temperature	
Ground Meat & Meat Mixtures	
Beef, Pork, Veal, Lamb	160°F
Turkey, Chicken	165°F
Fresh Beef, Veal, Lamb	
Medium Rare	145°F
Medium	160°F
Well Done	170°F
Poultry	
Chicken & Turkey, whole	180°F
Poultry breasts, roast	170°F
Poultry thighs, wings	180°F
Duck & Goose	180°F
Stuffing (cooked alone or in bird)	165°F
Fresh Pork	
Medium	160°F
Well Done	170°F
Ham	
Fresh (raw)	160°F
Pre-cooked (to reheat)	140°F
Eggs & Egg Dishes	
Eggs	Cook until yolk & white are firm
Egg dishes	160°F
Seafood	
Fin Fish	145°F
or flesh is opaque & separates easily with fork	
Shrimp, Lobster & Crabs	Shells red & flesh pearly & opaque
Clams, Oysters & Mussels	Shells are open
Leftovers & Casseroles	165°F

Learn more about **Fight BAC!**® at: www.fightbac.org

For more information:

US Department of Agriculture, Meat and Poultry Hotline: 1-888-MPHOTLINE TTY: 800 256-7076

US Food and Drug Administration, Food Information Hotline: 1-888-SAFEFOOD

www.foodsafety.gov

Brain Food

Your brain is the commando for many important things you do. It controls your ability to think, speak, see, hear, remember things and feel stuff. (Like that the stove is hot when you touch it – ouch!) Quite a few big jobs for an organ that weighs just a little more than three pounds in a grown-up!

Would you eat a food that could make you smarter? Though you probably said yes, there's really no such thing. But here are three ways that really work to boost your brainpower:

1. **Eat carbohydrates.** Carbohydrates are found in bread, cereal, rice, pasta, dry beans, fruits and veggies. Your body turns the carbohydrates in these foods into blood glucose (blood sugar), which circulates around in your blood to deliver energy all around your body – including your brain! Your brain can't store any glucose to use later, so for a steady supply, it relies on you to eat regularly.
2. **Always eat breakfast.** Breakfast powers up your brain in the morning. It can help you pay attention better in school and maybe even do better on tests. (Sorry, you still have to study!)
3. **Don't skip meals.** If you go too long without eating, your body and brain will complain by making you feel tired and crabby – who needs that? To feel good, eat every four or five hours throughout the day. When there's a super-long stretch between meals, a small snack can fill in the gap!

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Cooking Skills By Age

Match your members' skill levels with various tasks for safe kitchen fun. Here are some suggestions for age-specific tasks:

3-Year Olds

- Wash fruits and vegetables
- Stir ingredients in a bowl
- Tear lettuce
- Pour liquids

4-Year Olds

- Grease pans
- Open packages
- Peel oranges or hard-cooked eggs
- Snip fresh herbs with dull scissors
- Mash bananas with a fork

5- to 6-Year Olds

- Measure ingredients
- Cut soft foods with a blunt knife
- Set the table
- Garnish food

7- to 8-Year Olds

- Help plan the meal
- Roll and shape cookies
- Beat ingredients with a whisk
- Find ingredients in a cabinet or spice rack
- Make a salad

9- to 12-Year Olds

- Open cans
- Use a microwave oven
- Prepare simple recipes with few ingredients
- Use an oven (with supervision)
- Use a knife (with supervision)
- Shred cheese and vegetables

13- to 18-Year Olds

- Prepare recipes with multiple ingredients
- Prepare recipes independently

Don't Lose Your Teeth!

Hey! Got a dirty mouth?

The best way to keep your teeth healthy is to brush and floss every day, and to see the dentist for regular check-ups.

Know why?

There are millions of bacteria living in your mouth. When these bacteria meet up with the carbohydrates in your foods, they form a kind of acid. This acid eats into the hard outer part of your teeth, and if you don't wash the acid away it can lead to cavities.

Lots of foods have carbohydrates. Bread, potatoes, rice, candy, sweetened drinks, milk – even fruits and vegetables – are just a few common foods that have carbohydrates. But you can eat these foods and still help prevent cavities and have great teeth by following these easy tips:

- Brush your teeth in the morning after breakfast and in the evening after dinner. If you can, brush your teeth after lunch, too. Floss your teeth once a day, too.
- Use a toothpaste with fluoride in it. Fluoride is a mineral that helps protect your teeth from getting cavities.
- If you are at school and can't brush your teeth after you eat, rinse your mouth out with water to wash away at least some of the food on your teeth.
- Try to cut back on the number of times per day that you snack. Each time you eat food that contains carbohydrates, acids attack your teeth for 20 minutes or more.
- Foods that stick to your teeth or get stuck between your teeth can hang around longer and produce acid that may lead to cavities. Some examples are potato chips, raisins or granola bars. Try to brush your teeth or rinse your mouth out right away to remove "sticky" foods from your teeth.
- Don't be boring. Eat lots of different kinds of food by following MyPyramid.

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Drink Up and Eat Up for Healthy Kidneys

Your kidneys never rest. They're constantly at work filtering extra water and other substances from your blood to make urine.

Your kidneys can't do their job well unless you help them out by drinking lots of fluids every day. Plain old water is great, but all beverages, including drinks like milk, juice, tea, sports drinks and other beverages count too. Drinking enough fluids is part of staying healthy. Let your thirst be your guide as to how much and how often to drink. If you live where it's very hot or if you are an athlete, be sure to drink extra fluids. Tote your own drinks in a sports bottle so it's easy to drink enough when you're away from home.

Did you know you can get fluids from food? Think of juicy fruits like watermelon, oranges and grapefruits. Veggies like cucumbers, tomatoes and lettuce are clearly watery, too. Here's a surprise: even foods like cottage cheese, yogurt, pasta and cooked meats contain some water and contribute a small amount towards your fluid intake.

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Eating for Energy

Do your eyelids droop during morning math class? Do you crash on the couch after school? Yawn through your homework? Maybe you're not choosing the right fuel to keep your body and brain running in high gear. If you need an energy boost, try these four tips:

1. **Start your day with breakfast.**

Breakfast fills your "empty tank" to get you going after a long night without food. And it can help you pay attention in school. Easy-to-make breakfasts include cold cereal with fruit and low fat milk, whole-wheat toast with peanut butter, yogurt with fruit, whole grain waffles or even one slice of last night's pizza!

2. **Snack smart.**

Snacks are a great way to refuel. Choose snacks from different food groups – a glass of low fat milk and a few whole-wheat crackers, an apple or celery sticks with peanut butter and raisins or some dry cereal. If you eat smart at other meals, cookies, chips, sweetened soft drinks and candy are OK for occasional snacking.

3. **Eat more grains, fruits and vegetables.**

These foods give you carbohydrates, which your body and brain use for energy. They also give you vitamins, minerals and fiber. Besides, they taste good! Try foods made from grains such as whole-wheat bread, bagels, pita bread, spaghetti and oatmeal. Bananas, strawberries and melons are some great-tasting fruits. Munch veggies like lettuce, tomatoes, peppers and zucchini raw, on a sandwich or in a salad.

4. **Don't go too long without eating.**

Your body needs a steady supply of fuel to run right, so stick with regular meals and snack times. If you're busy and can't stop to eat, grab a banana, a cheese stick or low fat yogurt to keep you going.

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The Eyes Have It!

If you need glasses, what you eat can't help you see better – but it sure can help keep your eyes healthy.

Take carrots, for instance. We bet your parents tell you to eat them because they're good for your eyes. Well, they're right because carrots contain beta-carotene, which your body turns into vitamin A. You need enough vitamin A so you can see in the dark. Sweet potatoes, spinach, cantaloupe and apricots also are packed with beta-carotene.

Here's a mouthful: Lutein (LOO-TEEN) and zeaxanthin (ZEE-UH-ZAN-THIN) are relatives of beta-carotene that are also good for your eyes. In fact, there's some right inside your eyes! They seem to work like sunglasses to protect your eyes from the sun. (You still need to wear sunglasses, though. Otherwise, the lutein and zeaxanthin get used up and your eyes could get hurt.) You can get these eye-protectors by eating spinach, broccoli, red peppers, corn, peas and egg yolks (the yellow part).

Also good for your eyes: Vitamin C (found in red and green peppers, broccoli, oranges, strawberries and kiwi) and the mineral zinc (think turkey, pork, oysters and brown rice).

See a pattern here? Most eye-healthy foods are bright-colored fruits and veggies. So do your eyes a favor and eat a rainbow each day.

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Figuring Out Food Labels

You know how lots of books have a table of contents in the front? The table of contents is a list of the different things you'll read when you go through the book.

The Nutrition Facts food label on food packages is a lot like the table of contents in a book. It gives you information about the food inside, and what nutrients you'll get from the food. (Nutrients are the things in foods that help our bodies to be healthy.) It tells you about all the parts that make up the whole.

The Nutrition Facts food label is printed somewhere on the outside of food packages, and it's usually easy to find. Fresh food that doesn't come in a package still sometimes has a Nutrition Facts label – many supermarkets list the nutrition information for the 20 most popular fruits and vegetables, as well as seafood.

Serving Size

The serving size tells you how much of the food gives you the amounts of nutrients listed. It can be measured in lots of ways. Many times, though, serving sizes are measured in ways that help people understand how much they're eating, like in cups (one cup of cereal) or numbers (two cookies or five pretzels). Remember, if the portion size you choose to eat is bigger or smaller than the serving size listed on the label, adjust the calories and other nutrients on the label up or down accordingly.

The serving size for a food can depend on how much the food weighs or how big the pieces are. For example, a serving size for cold cereals is one ounce. For some cereals that's one cup, but for others it's $\frac{3}{4}$ cup or $1\frac{1}{4}$ cups. Sometimes two or three small cookies are one serving, but other times one big cookie is one serving! It can all be a little confusing, and that's why it's important to check out the serving size before digging in.

Servings per Container or Package

A serving is the measure of how much food gives you the amounts of nutrients listed. The servings per container or package tell you how many servings are in the whole package. So if a box of cookies has 21 cookies, and the cookie maker's serving size is three cookies, then there are seven servings of cookies in the box. (Math comes in handy with food labels!)

Calories and Calories from Fat

The number on the left of the label tells you how many calories are in one serving of the food. The number of calories tells you the amount of energy in the food.

The number on the right, calories from fat, tells you how many of the total calories come from the fat in the food. Calories can come from protein, carbohydrates and fat. The label lists the calories from fat (rather than listing the calories that come from the other two nutrients) because many people want to make sure they don't eat too much fat.

Nutrition Facts	
Serving Size 1 Package	
Servings Per Container 6	
Amount Per Serving	
Calories 100	Calories from Fat 25
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0.5g	4%
Trans Fat 0g	
Polyunsaturated Fat 1.5g	
Monounsaturated Fat 0.5g	
Cholesterol 0mg	0%
Sodium 330mg	14%
Total Carbohydrate 16g	5%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 2g	
Vitamin A 0% • Vitamin C 0% • Calcium 2%	
Iron 6%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

% Daily Value

% Daily Value tells you how much of the daily recommended amount of each nutrient is in one serving of the food. % Daily Values for total fat, saturated fat, total carbohydrates and fiber are based on eating 2,000 calories a day. % Daily Values for sodium and other minerals and vitamins stay the same no matter how many calories you need to eat. So if one serving of a food has a % Daily Value of 25% for carbohydrates, that means a person who eats 2,000 calories in a day will get 25% of the carbohydrates he/she needs on that day. The other 75% must come from other foods to reach the important 100%. Remember, if the portion size you choose to eat is bigger or smaller than the serving size listed on the label, adjust the calories and other nutrients on the label up or down accordingly.

Total Fat, Saturated Fat and Trans Fat

The number listed for total fat tells you how much fat is in one serving of the food. Fat is usually measured in grams. Fat is actually an important nutrient that your body uses to grow and develop. Just remember not to eat too much of a good thing! Listed under total fat are other types of fats called saturated fats and trans fats that the food may have in one serving. Saturated and trans fats are listed in grams as well. To keep your heart healthy, make sure you don't eat too much saturated or trans fat.

Cholesterol and Sodium

These numbers tell you how much cholesterol and sodium (a mineral that's in salt) are in one serving of this food. Cholesterol and sodium are usually measured in milligrams.

Total Carbohydrate, Fiber and Sugars

The number listed for total carbohydrate tells you the amount of carbohydrates in one serving of the food. Carbohydrates are usually measured in grams. Carbohydrates are your body's primary source of energy. Listed under total carbohydrate are the amounts of fiber and sugars in one serving of the food. Fiber and sugars, which are two types of carbohydrates, are listed in grams.

Protein

This number tells you how much protein is in one serving of the food. Protein is usually measured in grams. Protein's main job is to build muscle, keep organs strong and fight off disease, but your body also can use it for energy.

Vitamin A and Vitamin C

This lists the amounts of vitamin A and vitamin C, two really important vitamins, in one serving of this food. The amount is measured in % Daily Values, so if a food has 80% of vitamin A, one serving gives you 80% of the vitamin A needed for a 2,000 calorie diet.

For most foods, food companies must list the amounts of vitamins A and C. (If a food contains insignificant amounts of most vitamins and minerals, manufacturers are not required to list vitamins A and C. For example, soft drinks are not required to list vitamins A and C.) If they want to, they also can list the amounts of other vitamins. Cereal companies often list the amounts of other vitamins found in cereal. If the company adds any vitamins, they must list them.

Calcium and Iron

This lists the amounts of calcium and iron, two really important minerals, in one serving of the food. The amount is measured in % Daily Values, so if a food has 10% of iron, one serving gives you 10% of the iron needed for a 2,000 calorie diet.

Food companies must list the amounts of calcium and iron.

Calories per Gram

These numbers show how many calories are in one gram of fat, carbohydrate and protein. This information is always the same for every food, and is printed on the food label so people can find it when they need it.

Most nutrients are measured in grams, also written as g. Some nutrients are measured in milligrams, written as mg. Milligrams are very tiny – there are 1,000 milligrams in a gram. Other information is given in percentages. The nutrition information is based on eating 2,000 calories (this is a measure of how much energy a food provides) in a day, the amount that many school-age members eat.

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Fitting in Fast Food Favorites

There's no doubt that a meal of a burger, fries and soft drink tastes great. And it's fun to stop at your favorite fast food place with your family or friends. Here are some ways to eat fast food and eat healthfully, too:

- **Be size wise.** Most times, order a smaller burger, fries and soft drink. Or split the big fries with a friend.
- **Balance it out.** If you eat a lot at lunch, work in some extra walking or biking and go light with soup and salad for dinner.
- **Pull a switch.** Instead of the usual burger and fries, choose something new like a grilled chicken sandwich with a baked potato, side salad or bag of sliced fruit.
- **Think about your drink.** You can get low fat or fat free milk or 100 % fruit juice at many places. They taste great and give you vitamins and minerals. Interested in low-calorie drinks? Bottled water and diet soft drinks can quench your thirst, too.

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MyPyramid

Food Intake Patterns

The suggested amounts of food to consume from the basic food groups, subgroups, and oils to meet recommended nutrient intakes at 12 different calorie levels. Nutrient and energy contributions from each group are calculated according to the nutrient-dense forms of foods in each group (e.g., lean meats and fat-free milk). The table also shows the discretionary calorie allowance that can be accommodated within each calorie level, in addition to the suggested amounts of nutrient-dense forms of foods in each group.

Daily Amount of Food From Each Group												
Calorie Level ¹	1,000	1,200	1,400	1,600	1,800	2,000	2,200	2,400	2,600	2,800	3,000	3,200
Fruits ²	1 cup	1 cup	1.5 cups	1.5 cups	1.5 cups	2 cups	2 cups	2 cups	2 cups	2.5 cups	2.5 cups	2.5 cups
Vegetables ³	1 cup	1.5 cups	1.5 cups	2 cups	2.5 cups	2.5 cups	3 cups	3 cups	3.5 cups	3.5 cups	4 cups	4 cups
Grains ⁴	3 oz-eq	4 oz-eq	5 oz-eq	5 oz-eq	6 oz-eq	6 oz-eq	7 oz-eq	8 oz-eq	9 oz-eq	10 oz-eq	10 oz-eq	10 oz-eq
Meat and Beans ⁵	2 oz-eq	3 oz-eq	4 oz-eq	5 oz-eq	5 oz-eq	5.5 oz-eq	6 oz-eq	6.5 oz-eq	6.5 oz-eq	7 oz-eq	7 oz-eq	7 oz-eq
Milk ⁶	2 cups	2 cups	2 cups	3 cups	3 cups	3 cups	3 cups	3 cups	3 cups	3 cups	3 cups	3 cups
Oils ⁷	3 tsp	4 tsp	4 tsp	5 tsp	5 tsp	6 tsp	6 tsp	7 tsp	8 tsp	8 tsp	10 tsp	11 tsp
Discretionary calorie allowance ⁸	165	171	171	132	195	267	290	362	410	426	512	648

1 Calorie Levels are set across a wide range to accommodate the needs of different individuals. The attached table “Estimated Daily Calorie Needs” can be used to help assign individuals to the food intake pattern at a particular calorie level.

2 Fruit Group includes all fresh, frozen, canned, and dried fruits and fruit juices. In general, 1 cup of fruit or 100% fruit juice, or 1/2 cup of dried fruit can be considered as 1 cup from the fruit group.

3 Vegetable Group includes all fresh, frozen, canned, and dried vegetables and vegetable juices. In general, 1 cup of raw or cooked vegetables or vegetable juice, or 2 cups of raw leafy greens can be considered as 1 cup from the vegetable group.

Vegetable Subgroup Amounts are Per Week												
Calorie Level	1,000	1,200	1,400	1,600	1,800	2,000	2,200	2,400	2,600	2,800	3,000	3,200
Dark green veg.	1 c/wk	1.5 c/wk	1.5 c/wk	2 c/wk	3 c/wk	3 c/wk	3 c/wk	3 c/wk	3 c/wk	3 c/wk	3 c/wk	3 c/wk
Orange veg.	.5 c/wk	1 c/wk	1 c/wk	1.5 c/wk	2 c/wk	2 c/wk	2 c/wk	2 c/wk	2.5 c/wk	2.5 c/wk	2.5 c/wk	2.5 c/wk
Legumes	.5 c/wk	1 c/wk	1 c/wk	2.5 c/wk	3 c/wk	3 c/wk	3 c/wk	3 c/wk	3.5 c/wk	3.5 c/wk	3.5 c/wk	3.5 c/wk
Starchy veg.	1.5 c/wk	2.5 c/wk	2.5 c/wk	2.5 c/wk	3 c/wk	3 c/wk	6 c/wk	6 c/wk	7 c/wk	7 c/wk	9 c/wk	9 c/wk
Other veg.	3.5 c/wk	4.5 c/wk	4.5 c/wk	5.5 c/wk	6.5 c/wk	6.5 c/wk	7 c/wk	7 c/wk	8.5 c/wk	8.5 c/wk	10 c/wk	10 c/wk

4 Grains Group includes all foods made from wheat, rice, oats, cornmeal, barley, such as bread, pasta, oatmeal, breakfast cereals, tortillas, and grits. In general, 1 slice of bread, 1 cup of ready-to-eat cereal, or 1/2 cup of cooked rice, pasta, or cooked cereal can be considered as 1 ounce equivalent from the grains group. **At least half of all grains consumed should be whole grains.**

5 Meat & Beans Group in general, 1 ounce of lean meat, poultry, or fish, 1 egg, 1 Tbsp. peanut butter, 1/4 cup cooked dry beans, or 1/2 ounce of nuts or seeds can be considered as 1 ounce equivalent from the meat and beans group.

6 Milk Group includes all fluid milk products and foods made from milk that retain their calcium content, such as yogurt and cheese. Foods made from milk that have little to no calcium, such as cream cheese, cream, and butter, are not part of the group. Most milk group choices should be fat-free or low-fat. In general, 1 cup of milk or yogurt, 1 1/2 ounces of natural cheese, or 2 ounces of processed cheese can be considered as 1 cup from the milk group.

7 Oils include fats from many different plants and from fish that are liquid at room temperature, such as canola, corn, olive, soybean, and sunflower oil. Some foods are naturally high in oils, like nuts, olives, some fish, and avocados. Foods that are mainly oil include mayonnaise, certain salad dressings, and soft margarine.

8 Discretionary Calorie Allowance is the remaining amount of calories in a food intake pattern after accounting for the calories needed for all food groups—using forms of foods that are fat-free or low-fat and with no added sugars.

Estimated Daily Calorie Needs

To determine which food intake pattern to use for an individual, the following chart gives an estimate of individual calorie needs. The calorie range for each age/sex group is based on physical activity level, from sedentary to active.

	Calorie Range		
Children	Sedentary	→	Active
2–3 years	1,000	→	1,400
Females			
4–8 years	1,200	→	1,800
9–13	1,600	→	2,200
14–18	1,800	→	2,400
19–30	2,000	→	2,400
31–50	1,800	→	2,200
51+	1,600	→	2,200
Males			
4–8 years	1,400	→	2,000
9–13	1,800	→	2,600
14–18	2,200	→	3,200
19–30	2,400	→	3,000
31–50	2,200	→	3,000
51+	2,000	→	2,800

Sedentary means a lifestyle that includes only the light physical activity associated with typical day-to-day life.

Active means a lifestyle that includes physical activity equivalent to walking more than 3 miles per day at 3 to 4 miles per hour, in addition to the light physical activity associated with typical day-to-day life.



Fueling Up for Healthy Muscles

Did you know that your body is so muscle-bound that muscles make up 30 to 50 percent of your weight? Or that the muscles attached to your bones (called the skeletal muscles) contract so you can move?

Your body uses protein to make muscle tissue, but eating huge amounts of protein won't make your muscles bigger and stronger. If you eat a balanced, healthful diet with a variety of foods from all of the MyPyramid food groups you will get all the protein you need for healthy muscles.

To move, your muscles need carbohydrates for fuel. Some carb-containing foods are bread, cereal, rice, spaghetti, potatoes, peas, corn, fruit, milk and yogurt. When you eat these foods, your body turns a lot of the carbohydrates into glucose (blood sugar) for your muscles to use right away. Some carbohydrates are turned into glycogen, which is stored in your muscles and liver in case you need to use it for fuel later.

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Get 3-A-Day of Dairy – We Triple Dare You!

Quick! Name some dairy foods!

Right – stuff that comes from a cow like milk, yogurt and cheese.

Getting three cups of foods from the MyPyramid Milk Group every day helps you get enough calcium. You need plenty of calcium for strong bones, muscles and teeth. (You can get calcium from stuff like broccoli and calcium-fortified juices and cereals, too.) Dairy foods also give you other things you need for a healthy body like protein, potassium, phosphorus, vitamins D, A and B12, riboflavin and niacin. That's a real mouthful!

One cup from the Milk Group = 1 cup of milk, 1 cup of yogurt, 1½ ounces of "natural" cheese like Swiss or Cheddar, or 2 ounces of "processed" cheese like American.

It's good to ask your parents to get the kinds of milk, yogurt and cheese that are fat free, low fat or reduced fat. These types are better for your heart and have fewer calories than regular versions. But they're still packed with good nutrition and great taste!

Here are five easy ways to get your three-a-day of dairy:

- **Get milk.** In the school cafeteria, when you go for fast food or from the fridge to drink with tonight's dinner.
- **Make yogurt do double duty.** Pop a frozen cup or tube of yogurt into your lunch in the morning. The yogurt will keep everything cool and safe to eat – and, by lunchtime, you'll have a great-tasting treat!
- **Say cheese!** Try a slice of Swiss on your sandwich, some string cheese after school or a few cubes of cheese with crackers during a study break.
- **Flavor up your milk.** Chocolate, strawberry and vanilla milk are yummy and have all the good nutrition of white milk.
- **Make it fruity.** Plop yogurt on top of some sliced strawberries or bananas for a quick breakfast, snack or dessert.

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Go With the Flow: Drink Those Fluids

What do you, trees and hamsters have in common? Give up? You all need water to live!

It might not seem like it, but water is the most needed nutrient of all. In fact, people can't survive for more than a few days without it. Most of your body is water. If you weigh 90 pounds, only about 27 of those pounds are bones and squishy insides, and the rest is water!

What Water Does for You

Water has many important jobs. It is the main ingredient in all the fluids (like blood) that are inside your body. These fluids travel through your body, carrying nutrients into and waste out from all your cells and organs. Water is a big part of the fluid that lubricates your joints. It helps your intestines do their job better and prevents constipation by keeping things moist.

When you're hot, water comes up through your skin as sweat and evaporates into the air. As the sweat evaporates, it takes your body heat with it. This cools down your skin, which cools down your blood. When your blood is cooler, your whole body cools down.

Replace Those Fluids!

On a regular day, your body loses two to three liters of water (about the same amount that's in eight to 12 milk cartons from the cafeteria) just from sweating, urinating, having bowel movements, and all the other things your body uses water for that you can't see. And on a day that you're exercising and sweating hard, your body loses even more water. That's why you have to replace the water!

All beverages (even those with caffeine) and many foods can help you replace fluids. Some foods like fruits and vegetables are better at replacing fluids than others because they are mostly water. If you like grapes, watermelon, oranges or cantaloupe, you're in luck! These fruits taste great and are full of fluids. So are veggies like lettuce, cucumbers and celery. But you can't rely on food alone to get all the fluids you need. That's why you need to drink liquid beverages every day.

You sometimes hear that people should drink six to eight cups of water each day. If you are healthy, listen to your body and drink up if you are thirsty! If you are not thirsty, you may not need to drink extra fluids. If you drink milk and fruit juice or other beverages and eat lots of fruits and veggies, you'll replace the fluids your body needs.

Drink Extra When You Exercise

If you're exercising and sweating, drinking fluids is doubly important. When you sweat a lot, your body loses even more water than normal. The more you exercise and the more you sweat, the more fluids you need to drink. When it's hot or humid, it's even more important that you drink enough. If you don't, you can get sick from the heat. Here is how much you should drink before, during and after exercising:

- 1 to 2 hours before you exercise: 14 to 22 ounces (about $1\frac{3}{4}$ cup to $2\frac{3}{4}$ cups)
- While you exercise: 6 to 12 ounces every 15 minutes to 20 minutes (about $\frac{3}{4}$ cup to $1\frac{1}{2}$ cups)
- After you exercise: 16 to 24 ounces for every pound of weight loss through sweat. (This means 2 to 3 cups for most youth; if it's a hot day you may feel thirsty enough to drink even more.)

When you exercise, don't wait until you're thirsty to drink up. Did you ever get a very dry mouth and suddenly feel very thirsty? That's because your body already needed fluids and was trying to tell you by taking water from your salivary glands (these glands make saliva, or spit, which is made from water). So your mouth felt all dried out, and you had a drink. But it's much better for you to drink before you even get thirsty – you'll feel better and have more energy.

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In the Loop with Your Intestines

You probably don't think too much about your intestines, but they're a big part of you. You have a small intestine and a large intestine looping through your belly. By the time you grow up, your intestines stretch about 24 feet long!

Your intestines are part of your digestive system. As your stomach finishes churning up the food you eat, it feeds small amounts into your small intestine. You absorb the nutrients you need (like carbohydrates, protein, fat, vitamins and minerals) from the small intestine. Then, the small intestine sends what's left into your large intestine. The large intestine absorbs a few more nutrients and some water. What's left is the solid waste (you know!) that comes out when you go to the bathroom.

Did you ever find it hard to go to the bathroom? What a yucky feeling! To make sure food gets a smooth ride through your intestines, eat lots of foods that give you fiber. Fiber is a type of carbohydrate that moves through you and comes out the other end. Some foods with fiber are fruits and veggies, raisin bran and whole-wheat bread. Fiber needs lots of fluid to work right, so drink up! Moving around a lot by playing, walking, running and jumping helps keep things moving through your intestines, too.

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Is Your Body in Balance?

No, we're not asking whether you can stand on one foot! We're asking whether you "balance" the amount of food you take in with the amount you burn off.

Maybe you've wondered why some people's bodies are too big and other people's bodies are too thin. There are many reasons why this happens. One reason a person could be big is because he or she eats a lot and doesn't get enough exercise. And one reason a person could be thin is because he or she eats less food than his or her body needs.

Neither person is doing a good job of "balancing" the amount of food they eat with the amount of food they burn off.

It's sort of like filling a bicycle tire with air. If you either fill it too full of air or don't put in enough air, your bike isn't going to ride right. When you put in just the right amount of air, you get a smooth ride!

It's like that with your body, too. When you eat just the right amount of food for your body to work right and for you to move around, your body will be a healthy size and you'll look and feel good. That means you're doing a good job of balancing the amount of food you eat with the amount you burn off.

If you eat too much and you don't move around enough, your body can get too big and you might not feel good. If you don't eat enough, your body can get too thin and you might not have enough energy to run around and have fun.

Here's some stuff you can do to keep your body in balance:

- **Don't skip meals.** Some people ignore being hungry and go way too long between meals. That's not good because your body needs regular meals and snacks to keep you going all day.
- **Don't get stuffed.** Eating a lot at one time gives you a yucky feeling that means you over-filled your body with food. Try to stop eating when your stomach feels good, but not too full.
- **Only eat when you're really hungry.** Do you notice that you eat when you're not hungry? Sometimes you're not hungry, but you eat anyway just because you're watching TV or because you're bored, and you could end up eating too much food when you do that. Your body gets hungry as a sign that it needs fuel. That's the best time to eat.
- **Move more.** If you need to burn off a big meal or an extra snack, just move more! Your body uses up some of the food you eat to help you grow taller and to keep your heart beating, your lungs breathing and your blood circulating. You burn off more food by doing things like walking around, dancing, helping around the house and playing sports. So, don't sweat it if you eat too much once in a while – just get up and move more!

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Keeping Kids Safe in the Kitchen

Top 10 Safety Rules for Kids

1. Check that the oven and other cooking appliances are turned off before you leave the kitchen.
2. Keep electrical appliances away from water to avoid shocks. Stay away from electrical sockets, especially if your hands are wet.
3. If you burn yourself, tell an adult immediately and hold the burned area under cool running water.
4. Don't put knives or other sharp objects into a sink full of water. Someone could reach in and get hurt.
5. Watch out for sharp knives. Let an adult cut or slice foods or help you do it.
6. Never put water on a cooking fire – it could make the fire bigger. Ask an adult for help! Put out a fire with a fire extinguisher. If the fire is small, it can be put out with baking soda or smothered with a lid. Leave the house and call 911 if the fire has leaping flames.
7. Don't put cooked food on an unwashed plate or cutting board that held raw food. Always use a clean plate.
8. Never add water to a pan that has hot oil in it. It could make the oil splatter and burn someone.
9. Always turn pot handles in toward the back of the range top. This way no one can bump into them and knock the pot over.
10. Keep paper towels, dishtowels and potholders away from the range top so they don't catch on fire.

General Safety Rules for Caregivers

- Adult supervision is mandatory. Ovens, knives and bubbling pots become potential accidents when kids are left on their own in the kitchen.
- Instill cleanliness by washing hands in hot soapy water before and after handling food, pulling back long hair, or cleaning countertops.
- Always return unused portions of perishable foods, like dairy products and meats, to the refrigerator right after using them. Don't let them sit out on the counter.
- Teach microwave oven safety. Show how to select a microwaveable bowl and to use potholders when removing containers from the oven.
- When shaping foods with hands, caution kids not to lick their fingers or put their hands in their mouths. This is especially important with raw foods, such as cookie dough and meat.
- Instruct kids to direct sneezes and coughs away from food, to use a tissue to cover mouth and nose and to wash hands immediately afterward.
- Instead of wiping hands on dishtowels after handling raw meats, use paper towels. If a dishtowel comes in contact with raw meats or their juices, immediately remove it from the kitchen for laundering.

Keeping Your Heart Healthy

Though you can't see it, your heart needs special attention to stay healthy. Whether your heart is healthy depends a lot on the way you eat and how much you move your body.

It does your heart good when you eat foods that are lower in fat like fruits, vegetables, oatmeal, cold cereal, whole-wheat bread or any beans, including pinto beans and kidney beans.

Eating too much of a kind of fat called "saturated" fat can hurt your heart. Over time, eating too much saturated fat may cause your arteries to clog up. This makes it hard for your heart to pump blood to the rest of your body.

Some foods with saturated fat are hamburger, whole milk, sausage, bacon, ice cream, cheese and butter. It's OK to eat some saturated fat as long as you also eat lots of grains, fruits and vegetables from the MyPyramid every day. Your family also can "trim the fat" by making burgers with lean ground beef and buying fat free or low fat milk instead of whole milk. Some plant foods with healthy fats like nuts and avocado plus some fish (salmon and mackerel) can be an important part of a heart healthy diet.

Did you know that your heart is a muscle? Doing fun things like running, jumping, dancing or riding your bike really fast are healthy for your heart and for the rest of your body, too. Your heart will thank you if you move like this every day.

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The Liver: Living Large

The liver is the largest organ in your body. An adult's liver weighs about three pounds and is reddish brown. Your liver is located on your right side underneath your diaphragm.

The liver has many jobs. It filters and cleans germs out of your blood and makes some of the proteins that circulate in your blood.

The liver is very important for digesting and storing the food you eat. For example, when you eat carbohydrates found in foods like bread or pasta, your body turns the carbohydrates into glucose (blood sugar). The liver stores some of this glucose in a form called "glycogen" in case you need it for energy later.

The liver makes bile, which is a yellow juice your body uses to digest the fat in the foods you eat. The liver also stores vitamins B-12, A, D, E and K so they're ready when your body needs them.

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Mixed Dishes in MyPyramid*

Many popular foods don't fit neatly into one MyPyramid food group. For example, a cheese pizza counts in several groups: the crust in the Grains Group, the tomato sauce in the Vegetable Group, and the cheese in the Milk Group. Some other common mixed dishes and how they count in each food group are listed in the chart.

Some mixed foods also contain a lot of fat, oil, or sugar, which adds calories. The estimated total calories in each dish are also shown.

The values listed are estimates based on how these foods are often prepared. The amounts in an item you eat may be more or less than these examples.

Amount from Food Group in This Portion						
Food and sample portion ¹ 1/21/801/41/4240	Grains group (oz. eq.)	Vegetable group (cups)	Fruit group (cups)	Milk group (cups)	Meat & beans group (oz. eq.)	Estimated total calories
Cheese pizza-thin crust (1 slice from medium pizza)	1	1/8	0	1/2	0	215
Lasagna (1 piece 3 1/2" by 4")	2	1/2	0	1	1	445
Macaroni and cheese (1 cup, made from packaged mix)	2	0	0	1/2	0	260
Tuna noodle casserole (1 cup)	1 1/2	0	0	1/2	2	260
Chicken pot pie (8 oz. pie)	2 1/2	1/4	0	0	1 1/2	500
Beef taco (2 tacos)	2 1/2	1/4	0	1/4	2	370
Bean and cheese burrito (1)	2 1/2	1/8	0	1	2	445
Egg roll (1)	1/2	1/8	0	0	1/2	150
Chicken fried rice (1 cup)	1 1/2	1/4	0	0	1	270
Stuffed peppers with rice and meat (1/2 pepper)	1/2	1/2	0	0	1	190
Beef stir-fry (1 cup)	0	1/2	0	0	1 1/2	185
Clam chowder-New England (1 cup)	1/2	1/8	0	1/2	2	165
Clam chowder-Manhattan (chunky - 1 cup)	0	3/8	0	0	2	135
Cream of tomato soup (1 cup)	1/2	1/2	0	1/2	0	160
Large cheeseburger	2	0	0	1/3	3	500
Turkey sub (6" sub)	2	1/2	0	1/4	2	320
Peanut butter & jelly sandwich (1)	2	0	0	0	2	375
Tuna salad sandwich (1)	2	1/4	0	0	2	290
Chef salad (3 cups—no dressing)	0	1 1/2	0	0	3	230
Pasta salad with vegetables (1 cup)	1 1/2	1/2	0	0	0	140
Apple pie (1 slice)	2	0	1/4	0	0	280
Pumpkin pie (1 slice)						

* From Tips & Resources section of U.S. Department of Agriculture's www.mypyramid.gov.

MyPyramid Food Intake Pattern Calorie Levels

MyPyramid assigns Individuals to a calorie level based on their sex, age, and activity level.

The chart below identifies the calorie levels for males and females by age and activity level. Calorie levels are provided for each year of childhood, from 2-18 years, and for adults in 5-year increments.

MALES				FEMALES			
Activity level	Sedentary*	Mod. active*	Active*	Activity level	Sedentary*	Mod. active*	Active*
AGE				AGE			
2	1000	1000	1000	2	1000	1000	1000
3	1000	1400	1400	3	1000	1200	1400
4	1200	1400	1600	4	1200	1400	1400
5	1200	1400	1600	5	1200	1400	1600
6	1400	1600	1800	6	1200	1400	1600
7	1400	1600	1800	7	1200	1600	1800
8	1400	1600	2000	8	1400	1600	1800
9	1600	1800	2000	9	1400	1600	1800
10	1600	1800	2200	10	1400	1800	2000
11	1800	2000	2200	11	1600	1800	2000
12	1800	2200	2400	12	1600	2000	2200
13	2000	2200	2600	13	1600	2000	2200
14	2000	2400	2800	14	1800	2000	2400
15	2200	2600	3000	15	1800	2000	2400
16	2400	2800	3200	16	1800	2000	2400
17	2400	2800	3200	17	1800	2000	2400
18	2400	2800	3200	18	1800	2000	2400
19-20	2600	2800	3000	19-20	2000	2200	2400
21-25	2400	2800	3000	21-25	2000	2200	2400
26-30	2400	2600	3000	26-30	1800	2000	2400
31-35	2400	2600	3000	31-35	1800	2000	2200
36-40	2400	2600	2800	36-40	1800	2000	2200
41-45	2200	2600	2800	41-45	1800	2000	2200
46-50	2200	2400	2800	46-50	1800	2000	2200
51-55	2200	2400	2800	51-55	1600	1800	2200
56-60	2200	2400	2600	56-60	1600	1800	2200
61-65	2000	2400	2600	61-65	1600	1800	2000
66-70	2000	2200	2600	66-70	1600	1800	2000
71-75	2000	2200	2600	71-75	1600	1800	2000
76 and up	2000	2200	2400	76 and up	1600	1800	2000

*Calorie levels are based on the Estimated Energy Requirements (EER) and activity levels from the Institute of Medicine Dietary Reference Intakes Macronutrients Report, 2002.

SEDENTARY = less than 30 minutes a day of moderate physical activity in addition to daily activities.

MOD. ACTIVE = at least 30 minutes up to 60 minutes a day of moderate physical activity in addition to daily activities.

ACTIVE = 60 or more minutes a day of moderate physical activity in addition to daily activities.

United States Department of Agriculture
Center for Nutrition Policy and Promotion
April 2005
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For Kids
MyPyramid
 Eat Right. Exercise. Have Fun.
 MyPyramid.gov

Grains
Make half your grains whole

Vegetables
Vary your veggies

Fruits
Focus on fruits

Milk
Get your calcium-rich foods

Meat & Beans
Go lean with protein

oils
Oils are not a food group, but you need some for good health. Get your oils from fish, nuts, and liquid oils such as corn oil, soybean oil, and canola oil.

★ Find your balance between food and fun ★ Fats and sugars — know your limits

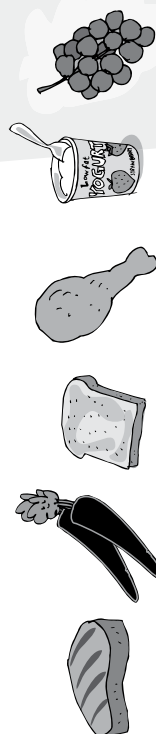
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STEPS TO A HEALTHIER YOU

TIPS FOR FAMILIES

EAT RIGHT

- 1 Make half your grains whole.** Choose whole-grain foods, such as whole-wheat bread, oatmeal, brown rice, and lowfat popcorn, more often.
- 2 Vary your veggies.** Go dark green and orange with your vegetables—eat spinach, broccoli, carrots, and sweet potatoes.
- 3 Focus on fruits.** Eat them at meals, and at snack time, too. Choose fresh, frozen, canned, or dried, and go easy on the fruit juice.
- 4 Get your calcium-rich foods.** To build strong bones serve lowfat and fat-free milk and other milk products several times a day.
- 5 Go lean with protein.** Eat lean or lowfat meat, chicken, turkey, and fish. Also, change your tune with more dry beans and peas. Add chick peas, nuts, or seeds to a salad; pinto beans to a burrito; or kidney beans to soup.
- 6 Change your oil.** We all need oil. Get yours from fish, nuts, and liquid oils such as corn, soybean, canola, and olive oil.
- 7 Don't sugarcoat it.** Choose foods and beverages that do not have sugar and caloric sweeteners as one of the first ingredients. Added sugars contribute calories with few, if any, nutrients.



EXERCISE

- 1 Set a good example.** Be active and get your family to join you. Have fun together. Play with the kids or pets. Go for a walk, tumble in the leaves, or play catch.
- 2 Take the President's Challenge as a family.** Track your individual physical activities together and earn awards for active lifestyles at www.presidentschallenge.org.
- 3 Establish a routine.** Set aside time each day as activity time—walk, jog, skate, cycle, or swim. Adults need at least 30 minutes of physical activity most days of the week; children 60 minutes everyday or most days.
- 4 Have an activity party.** Make the next birthday party centered on physical activity. Try backyard Olympics, or relay races. Have a bowling or skating party.
- 5 Set up a home gym.** Use household items, such as canned foods, as weights. Stairs can substitute for stair machines.
- 6 Move it!** Instead of sitting through TV commercials, get up and move. When you talk on the phone, lift weights or walk around. Remember to limit TV watching and computer time.
- 7 Give activity gifts.** Give gifts that encourage physical activity—active games or sporting equipment.



HAVE FUN!



GRAINS	VEGETABLES	FRUITS	MILK	MEAT & BEANS
Make half your grains whole	Vary your veggies	Focus on fruits	Get your calcium-rich foods	Go lean with protein
Eat at least 3 oz. of whole-grain cereals, breads, crackers, rice, or pasta every day	Eat more dark-green veggies like broccoli, spinach, and other dark leafy greens	Eat a variety of fruit	Go low-fat or fat-free when you choose milk, yogurt, and other milk products	Choose low-fat or lean meats and poultry
1 oz. is about 1 slice of bread, about 1 cup of breakfast cereal, or 1/2 cup of cooked rice, cereal, or pasta	Eat more orange vegetables like carrots and sweetpotatoes	Choose fresh, frozen, canned, or dried fruit	If you don't or can't consume milk, choose lactose-free products or other calcium sources such as fortified foods and beverages	Bake it, broil it, or grill it
	Eat more dry beans and peas like pinto beans, kidney beans, and lentils	Go easy on fruit juices		Vary your protein routine – choose more fish, beans, peas, nuts, and seeds
For a 2,000-calorie diet, you need the amounts below from each food group. To find the amounts that are right for you, go to MyPyramid.gov .				
Eat 6 oz. every day	Eat 2 1/2 cups every day	Eat 2 cups every day	Get 3 cups every day; for kids aged 2 to 8, it's 2	Eat 5 1/2 oz. every day

Find your balance between food and physical activity

- Be sure to stay within your daily calorie needs.
- Be physically active for at least 30 minutes most days of the week.
- About 60 minutes a day of physical activity may be needed to prevent weight gain.
- For sustaining weight loss, at least 60 to 90 minutes a day of physical activity may be required.
- Children and teenagers should be physically active for 60 minutes every day, or most days.



Know the limits on fats, sugars, and salt (sodium)

- Make most of your fat sources from fish, nuts, and vegetable oils.
- Limit solid fats like butter, stick margarine, shortening, and lard, as well as foods that contain these.
- Check the Nutrition Facts label to keep saturated fats, *trans* fats, and sodium low.
- Choose food and beverages low in added sugars. Added sugars contribute calories with few, if any, nutrients.



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Portion Distortion – It's How Much You Eat that Counts

Do you think healthy eating is boring? Not so! You can eat healthy and still eat your favorites like chips, cookies and candy. One trick is to keep tabs on how much of these foods you eat.

Did you ever experience portion distortion? Like when you munch on an order of fries that could feed your whole family? Next time, halt portion distortion by splitting those fries with a friend or getting the smaller size. Instead of a mega-size candy bar, see whether the smaller size hits the spot just as well.

Don't sweat it if you pig out on a food sometimes. When that happens, balance it out by eating less than usual at your next meal and working in some extra walking or biking.

Meanwhile, check out this Portion Size Guide to see how one serving of different foods compares to stuff you have around the house:

Portion Size Guide

1 cup fruit, vegetable, cooked cereal, pasta or rice = a baseball

3 ounces cooked meat, poultry or fish = a deck of cards

1 tortilla (1 oz.) = a small (6 inch) plate

1/2 bagel (1 oz.) = the width of a small soft drink lid

1 teaspoon of margarine or butter = your thumb tip

1 tablespoons of peanut butter = 2 checkers

1 small baked potato (1 cup) = a computer mouse

1 pancake or waffle (1 oz.) = a music CD

1 medium apple or orange (1 cup) = a baseball

3 cups of popcorn = 3 baseballs

1 1/2 ounces of cheese = 6 dice

1 1/2 cups of regular soft drink or fruit drink (12 oz.) = 1 can

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Power Up with Breakfast

Did you know your body never turns off, even when you sleep? So, after a long night's rest, you need to re-fuel with breakfast.

Breakfast powers up your body and your brain. It gives your body energy to move you through the day. It feeds your brain so you can listen up in class, get your schoolwork done and even do better on tests. It might even help you like school better, too!

Beginning your day without breakfast is like trying to fly a kite without any wind – it's hard to get started and even harder to keep going. Start your day off right with these quick and tasty breakfast ideas:

- **Try a cereal mix-up.** Combine two or more of your favorite cereals, hot or cold, you pick. Mix in some fresh fruit like a sliced banana or dried fruit like raisins and top with milk or yogurt.
- **Flip out with pancakes or waffles.** Try whole grain pancakes and waffles if you haven't before. The frozen kinds are quick and easy to make. Top them with syrup, fruit, applesauce or peanut butter.
- **Slurp down a breakfast smoothie.** Ask a parent to blend together low fat milk or 100% fruit juice with some yogurt and chunks of fresh fruit like bananas, peaches, pineapple, mango, berries or apricots. Add ice cubes to make it cool and slushy.
- **Grab and go.** Before you head out, grab a few of these foods: cereal bar, bagel, muffin, piece of fruit, box of raisins, string cheese, juice pouch, yogurt drink, mini-bottle of milk or cup of yogurt or applesauce.

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Should Kids Go on a Diet to Lose Weight?

Did you know that you've been "on a diet" all your life? It's true! That's because a diet is made up of the foods you eat all the time. Right now, your diet might be healthy or not so healthy. Eating a healthy diet and getting lots of physical activity are great ways to feel good about yourself.

Some kids are on special diets for health reasons, like being allergic to milk or wheat. And lots of people try weight-loss diets. You probably know some adults – maybe even your parents – who complain about their weight and how they should be on a diet. If you think your weight isn't healthy, read on to find out whether this kind of dieting is OK for young people.

Is My Weight Healthy?

Maybe you think you weigh too much and should go on a diet to lose weight. But how do you know for sure? It's hard to know what body shape and weight is just right for you because there is no "perfect" body shape. For example, some people just have broader body shapes or bigger bones than other people.

Don't think you need to look like the stars on TV or in the movies. Look around at all the different body shapes of healthy and active people you know. This might help you to feel better about your body just the way it is. Are you still worried that your weight isn't healthy? Then it might be good for you and your parents to talk it over with a doctor or another health professional, such as a registered dietitian.

Eat and Exercise Right!

Usually, doctors and registered dietitians won't tell you to "diet" or cut back on the amount of food you eat because you are still growing. They might suggest that you watch how big your portion sizes are and how many portions you eat, and that you choose foods with fewer calories more often. Following the MyPyramid is a good way to eat healthy.

It's also smart to get lots of physical activity. Do things that make you breathe hard and sweat a bit. Try lots of different things so you don't get bored. There's plenty to do by yourself, with a friend or with a big bunch of people.

Try These Little Changes – They Count a Lot!

- Replace 30 minutes of "screen" time (TV, computer or video game time) with 30 minutes of physical activity.
- Just hanging around at recess? Suggest a game of soccer or any fun game that gets you and your friends moving.
- Always eat breakfast and make it a good one with fruits, grains and milk or yogurt.
- Choose snacks such as fruits, bagels, yogurt and raw veggies.
- Drink lots of water or other low/no calorie drinks all day long.

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Teaching Your Kids About Food Advertising and Marketing

Note: This information is directed at parents, not kids.

Like many parents, you may be concerned about how the food advertisements your children see affect their eating habits.

Young people ask for products such as fast food, breakfast cereals, cookies, candy, chips and soft drinks for many reasons. For example, children like the taste or might associate eating them with fun family times. Seeing ads for these products is another reason youth request them. Many nutrition experts agree that for most young people and adults most foods can fit into a healthful diet when they practice balance, variety and moderation in their food choices and get enough exercise. It's important to teach young people that foods such as whole grains, fruits, vegetables, lean meats and fat-free and low-fat dairy products contain more nutrients (such as vitamins and minerals) than other foods and should form the foundation of their diets. Good ways to help your kids make healthful choices are to show them how to follow the MyPyramid (www.mypyramid.gov), lead by example and help them understand and evaluate food ads.

Helping Youth Understand and Evaluate Food Ads

A good way to begin evaluating food advertising messages is to point out products in television and magazine ads, and ask your children to describe the similarities and differences. While discussing the ads, ask:

- What methods (e.g., animation, music, bright colors or celebrities) do the manufacturers use to sell their products?
- How do these methods affect your children's thoughts about these products? Do the props make the product more interesting to them?
- What is the message (e.g., you'll be stronger, smarter, have more fun if you eat/drink the product)? Do your children believe it?
- How does the portion size of the product shown compare to what's recommended by the MyPyramid? How does it compare to the amount your child usually eats?

A product's packaging is another way to draw attention to the product. To illustrate, ask your kids to examine an apple; then ask them to look at the packaging or labels on apple juice, applesauce or apple pie. Ask them to explain the similarities and differences between each product, and what they find attractive about each product.

Them Bones

Bones form your body's framework and, along with your joints and muscles, help you move. Your skeleton is made up of 206 separate bones. Although bones are hard, your body is constantly losing bone and making new bone.

What you eat and how much you move your body greatly affect whether your body builds strong bones.

Three important nutrients for strong bones are calcium, vitamin D and phosphorus. About 99 percent of the calcium in your body is deposited in your bones, sort of like a bank account. The other one percent circulates around in your blood to help with important jobs like making your heart beat right and your blood clot when you get a cut.

If you don't get enough calcium from what you eat and drink, your body will withdraw calcium from your bone bank to use in your blood – not a good thing for building strong bones! If you don't get enough calcium, you could get a condition when you get older called "osteoporosis," which means your bones are thin and weak. That's why it's important to get enough calcium all your life – starting right now!

Lots of foods and drinks are chock-full of calcium like milk, yogurt, cheese (choose fat-free and low-fat types most often) and calcium-fortified orange juice. But did you know that pinto beans, almonds, oranges and even broccoli have calcium, too?

Vitamin D is like a traffic cop that directs your body to absorb the calcium you eat and deposit it in your bones. D is called the "sunshine vitamin" because your body can make its own vitamin D when the sun shines on your skin for a few minutes each day.

You also can get your D by drinking vitamin D-fortified milk and eating egg yolks (the yellow part) and fish like salmon or sardines.

Phosphorus, like calcium, forms the structure of bones and teeth. Most protein foods like milk, meats, poultry and beans have plenty of phosphorus. If you eat these foods regularly, you're probably meeting your phosphorus needs.

When you do any activity like running, jumping rope or push-ups (called "weight-bearing" exercise), your bones respond by storing more calcium so they'll be even stronger next time.

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Totally Weird Ways To (Fruit and) Veg Out

You've heard it at least a million times – eat your fruits and veggies! After all, they're packed with lots of good-for-you vitamins, minerals and fiber.

To look good and feel good, you need to eat at least two cups of fruits and 2½ cups of veggies every day (that's if you eat 2,000 calories a day – your amounts could be different if you eat a different number of calories).

Don't worry – you don't have to eat a cup at a time! Eating smaller bits of fruits and veggies throughout the day count toward your total. And you might be amazed at how fruits and veggies are in lots of other foods you eat (think vegetable soup or veggie-topped pizza, even)!

If your usual fruit and veggie total isn't measuring up – or if your usual selections seem ho-hum, try these totally weird but tasty ways to (fruit and) veg out today!

- **Pick out something funny sounding.** Like kohlrabi...or cardoon...or carambola – the first two are veggies and the second one's a fruit! Go grocery shopping with your parents and ask them to buy the funniest sounding fruit or veggie you can find. Taste-test it with your family when you get home.
- **Bite into a PBB, PBA, PBR or PBC sandwich.** Instead of jelly, that's peanut butter with sliced bananas, sliced apples, raisins or shredded carrots.
- **Chill out with a frozen fruit bar.** Ask your parents to get the kind made with 100% fruit juice.
- **Create a different kind of crunch.** Pile your sandwich with sliced cucumber, arugula, radishes, celery, red pepper or water chestnuts.
- **Order a pineapple-topped pizza.** If fruity pizza's not your thing, load it with veggies like green peppers, mushroom, onions and tomatoes.
- **Escape with a frozen grape.** Take some grapes off the stem, wash and dry them, put them in a bowl or a sealed plastic bag and pop them into the freezer for an hour or so. A real cool treat!
- **Create a patriotic yogurt.** Stir blueberries and chopped up strawberries into vanilla yogurt.
- **Mash up some color.** Instead of regular mashed potatoes, ask Mom or Dad to make some mashed sweet potatoes. They're orange, smooth and oh-so-sweet!

This article was adapted with permission from Kidnetic.com.

What Counts as a Cup of Fruit?*

In general, 1 cup of fruit or 100% fruit juice, or $\frac{1}{2}$ cup of dried fruit can be considered as 1 cup from the Fruit Group. The following specific amounts count as 1 cup of fruit (in some cases equivalents for $\frac{1}{2}$ cup are also shown) towards your daily recommended intake:

etc.) 1 cup $\frac{1}{2}$ cup	Amount that counts as 1 cup of fruit	Amount that counts as $\frac{1}{2}$ cup of fruit
Apple	$\frac{1}{2}$ large (3.25" diameter) 1 small (2.5" diameter) 1 cup sliced or chopped, raw or cooked	$\frac{1}{2}$ cup sliced or chopped, raw or cooked
Applesauce	1 cup	1 snack container (4 oz.)
Banana	1 cup sliced 1 large (8" to 9" long)	1 small (less than 6" long)
Cantaloupe	1 cup diced or melon balls	1 medium wedge ($\frac{1}{8}$ of a med. melon)
Grapes	1 cup whole or cut-up 32 seedless grapes	16 seedless grapes
Grapefruit	1 medium (4" diameter) 1 cup sections	$\frac{1}{2}$ medium (4" diameter)
Mixed fruit (fruit cocktail)	1 cup diced or sliced, raw or canned, drained	1 snack container (4 oz.) drained = $\frac{3}{8}$ cup
Orange	1 large (3- $\frac{1}{16}$ " diameter) 1 cup sections	1 small (2- $\frac{3}{8}$ " diameter)
Orange, mandarin	1 cup canned, drained	
Peach	1 large (2 $\frac{3}{4}$ " diameter) 1 cup sliced or diced, raw, cooked, or canned, drained 2 halves, canned	1 small (2" diameter) 1 snack container (4 oz.) drained = $\frac{3}{8}$ cup
Pear	1 medium pear (2.5 per lb) 1 cup sliced or diced, raw, cooked, or canned, drained	1 snack container (4 oz.) drained = $\frac{3}{8}$ cup
Pineapple	1 cup chunks, sliced or crushed, raw, cooked or canned, drained	1 snack container (4 oz.) drained = $\frac{3}{8}$ cup
Plum	1 cup sliced raw or cooked 3 medium or 2 large plums	1 large plum
Strawberries	About 8 large berries 1 cup whole, halved, or sliced, fresh or frozen	$\frac{1}{2}$ cup whole, halved, or sliced
Watermelon	1 small wedge (1" thick) 1 cup diced or balls	6 melon balls
Dried fruit (raisins, prunes, apricots, etc.)	$\frac{1}{2}$ cup dried fruit is equivalent to 1 cup fruit; $\frac{1}{2}$ cup raisins, $\frac{1}{2}$ cup prunes, $\frac{1}{2}$ cup dried apricots	$\frac{1}{4}$ cup dried fruit is equivalent to $\frac{1}{2}$ cup fruit; 1 small box raisins (1.5 oz.)
100% fruit juice (orange, apple, grape, grapefruit,		

* From Tips & Resources section of U.S. Department of Agriculture's www.mypyramid.gov.

What Counts as a Cup of Vegetables?*

In general, 1 cup of raw or cooked vegetables or vegetable juice, or 2 cups of raw leafy greens can be considered as 1 cup from the Vegetable Group. The chart lists specific amounts that count as 1 cup of vegetables (in some cases equivalents for $\frac{1}{2}$ cup are also shown) towards your recommended intake:

ionary calories.)	Amount that counts as 1 cup of vegetables	Amount that counts as 1/2 cup of vegetables
Dark-Green Vegetables		
Broccoli	1 cup chopped or florets 3 spears 5" long raw or cooked	
Greens (collards, mustard greens, turnip greens, kale) Spinach	1 cup cooked 2 cups raw is equivalent to 1 cup of vegetables	1 cup raw is equivalent to 1/2 cup of vegetables
Raw leafy greens: Spinach, romaine, watercress, dark green leafy lettuce, endive, escarole	2 cups raw is equivalent to 1 cup of vegetables	1 cup raw is equivalent to 1/2 cup of vegetables
Orange Vegetables		
Carrots	1 cup, strips, slices, or chopped, raw or cooked 2 medium 1 cup baby carrots (about 12)	1 medium carrot About 6 baby carrots
Pumpkin	1 cup mashed, cooked	
Sweet potato	1 large baked (2 $\frac{1}{4}$ " or more diameter) 1 cup sliced or mashed, cooked	
Winter squash (acorn, butternut, hubbard)	1 cup cubed, cooked	1/2 acorn squash, baked = $\frac{3}{4}$ cup
Dry beans and peas		
Dry beans and peas (Such as black, garbanzo, kidney, pinto, or soy beans, or black eyed peas or split peas)	1 cup whole or mashed, cooked	
Tofu	1 cup $\frac{1}{2}$ " cubes (about 8 ounces)	1 piece 2 $\frac{1}{2}$ " x 2 $\frac{3}{4}$ " x 1" (about 4 ounces)
Starchy Vegetables		
Corn, yellow or white	1 cup 1 large ear (8" to 9" long)	1 small ear (about 6" long)
Green peas	1 cup	
White potatoes	1 cup diced, mashed 1 medium boiled or baked potato (2 $\frac{1}{2}$ " to 3" diameter) French fried: 20 medium to long strips (2 $\frac{1}{2}$ " to 4" long) (Contains discret	

sliced or diced	Amount that counts as 1 cup of vegetables	Amount that counts as 1/2 cup of vegetables
Other Vegetables		
Bean sprouts	1 cup cooked	
Cabbage, green	1 cup, chopped or shredded, raw or cooked	
Cauliflower	1 cup pieces or florets, raw or cooked	
Celery	1 cup, diced or sliced, raw or cooked 2 large stalks (11" to 12" long)	1 large stalk (11" to 12" long)
Cucumbers	1 cup raw, sliced or chopped	
Green or wax beans	1 cup cooked	
Green or red peppers	1 cup chopped, raw or cooked 1 large pepper (3" diameter, 3-3/4" long)	1 small pepper
Lettuce, iceberg or head	2 cups raw, shredded or chopped = equivalent to 1 cup of vegetables	1 cup raw, shredded or chopped = equivalent to 1/2 cup of vegetables
Mushrooms	1 cup raw or cooked	
Onions	1 cup chopped, raw or cooked	
Tomatoes	1 large raw whole (3") 1 cup chopped or sliced, raw, canned, or cooked	1 small raw whole (2 1/4 ") 1 medium canned
Tomato or mixed vegetable juice	1 cup	1/2 cup
Summer squash or zucchini	1 cup cooked,	

* From Tips & Resources section of U.S. Department of Agriculture's www.mypyramid.gov.

What Counts as an Ounce Equivalent of Grains?*

In general, 1 slice of bread, 1 cup of ready-to-eat cereal, or $\frac{1}{2}$ cup of cooked rice, cooked pasta, or cooked cereal can be considered as 1 ounce equivalent from the Grains Group.

The chart lists specific amounts that count as 1 ounce equivalent of grains towards your daily recommended intake. In some cases the number of ounce-equivalents for common portions are also shown.

ounce equivalents		Amount that counts as 1 ounce equivalent of grains	Common portions and ounce equivalents
Bagels	WG*: whole wheat RG*: plain, egg	1 "mini" bagel	1 large bagel = 4 ounce equivalents
Biscuits	(baking powder/ buttermilk-RG*)	1 small (2" diameter)	1 large (3" diameter) = 2 ounce equivalents
Breads	WG*: 100% whole wheat RG*: white, wheat, French, sourdough	1 regular slice 1 small slice French 4 snack-size slices rye bread	2 regular slices = 2 ounce equivalents
Bulgur	cracked wheat (WG*)	$\frac{1}{2}$ cup cooked	
Cornbread	(RG*)	1 small piece ($2\frac{1}{2}$ " x $1\frac{1}{4}$ " x $1\frac{1}{4}$ ")	1 medium piece ($2\frac{1}{2}$ " x $2\frac{1}{2}$ " x $1\frac{1}{4}$ ") = 2 ounce equivalents
Crackers	WG*: 100% whole wheat, rye RG*: saltines, snack crackers	5 whole wheat crackers 2 rye crispbreads 7 square or round crackers	
English muffins	WG*: whole wheat RG*: plain, raisin	$\frac{1}{2}$ muffin	1 muffin = 2 ounce equivalents
Muffins	WG*: whole wheat RG*: bran, corn, plain	1 small (2 $\frac{1}{2}$ " diameter)	1 large (3 $\frac{1}{2}$ " diameter) = 3 ounce equivalents
Oatmeal	(WG)	$\frac{1}{2}$ cup cooked 1 packet instant 1 ounce dry (regular or quick)	
Pancakes	WG*: whole wheat, buckwheat RG*: buttermilk, plain	1 pancake ($4\frac{1}{2}$ " diameter) 2 small pancakes (3" diameter)	3 pancakes ($4\frac{1}{2}$ " diameter) = 3 ounce equivalents
Popcorn	(WG*)	3 cups, popped	1 microwave bag, popped = 4 ounce equivalents
Ready-to-eat breakfast cereal	WG*: toasted oat, whole wheat flakes RG*: corn flakes, puffed rice	1 cup flakes or rounds $1\frac{1}{4}$ cup puffed	
Rice	WG*: brown, wild RG*: enriched, white, polished	$\frac{1}{2}$ cup cooked 1 ounce dry	1 cup cooked = 2 ounce equivalents
Pasta: spaghetti, macaroni, noodles	WG*: whole wheat RG*: enriched, durum	$\frac{1}{2}$ cup cooked 1 ounce dry	1 cup cooked = 2 ounce equivalents
Tortillas	WG*: whole wheat, whole grain corn RG*: Flour, corn	1 small flour tortilla (6" diameter) 1 corn tortilla (6" diameter)	1 large tortilla (12" diameter) = 4

* WG= whole grains, RG= refined grains. ** From Tips & Resources section of U.S. Department of Agriculture's www.mypyramid.gov.

What Counts as an Ounce Equivalent in the Meat & Beans Group?*

In general, 1 ounce of meat, poultry or fish, $\frac{1}{4}$ cup cooked dry beans, 1 egg, 1 tablespoon of peanut butter, or $\frac{1}{2}$ ounce of nuts or seeds can be considered as 1 ounce equivalent from the Meat & Beans Group.

The chart lists specific amounts that count as 1 ounce equivalent in the Meat & Beans Group towards your daily recommended intake:

oz. eq.	Amount that counts as 1 ounce equivalent in the Meat & Beans Group	Common portions and ounce equivalents
Meats	1 ounce cooked lean beef 1 ounce cooked lean pork or ham	1 small steak (eye of round, filet) = 3 $\frac{1}{2}$ to 4 ounce equivalents 1 small lean hamburger = 2 to 3 ounce equivalents
Poultry	1 ounce cooked chicken or turkey, without skin 1 sandwich slice of turkey (4 $\frac{1}{2}$ x 2 $\frac{1}{2}$ x $\frac{1}{8}$ ")	1 small chicken breast half = 3 ounce equivalents $\frac{1}{2}$ Cornish game hen = 4 ounce equivalents
Fish	1 ounce cooked fish or shell fish	1 can of tuna, drained = 3 to 4 ounce equivalents 1 salmon steak = 4 to 6 ounce equivalents 1 small trout = 3 ounce equivalents
Eggs	1 egg	
Nuts and seeds	$\frac{1}{2}$ ounce of nuts (12 almonds, 24 pistachios, 7 walnut halves) $\frac{1}{2}$ ounce of seeds (pumpkin, sunflower or squash seeds, hulled, roasted) 1 tablespoon of peanut butter or almond butter	1 ounce of nuts or seeds = 2 oz. eq.
Dry beans and peas	$\frac{1}{4}$ cup of cooked dry beans (such as black, kidney, pinto, or white beans) $\frac{1}{4}$ cup of cooked dry peas (such as chickpeas, cowpeas, lentils, or split peas) $\frac{1}{4}$ cup of baked beans, refried beans $\frac{1}{4}$ cup (about 2 ounces) of tofu 1 oz. tempeh, cooked $\frac{1}{4}$ cup roasted soybeans 1 falafel patty (2 $\frac{1}{4}$ ", 4 oz.) 2 tbsp. hummus	1 cup split pea soup = 2 oz. eq. 1 cup lentil soup = 2 oz. eq. 1 cup bean soup = 2 oz. eq. 1 soy or bean burger patty = 2

* From Tips & Resources section of U.S. Department of Agriculture's www.mypyramid.gov.

What Counts as One Cup in the Milk Group?

In general, 1 cup of milk or yogurt, 1 $\frac{1}{2}$ ounces of natural cheese, or 2 ounces of processed cheese can be considered as 1 cup from the Milk Group.

The chart lists specific amounts that count as 1 cup in the Milk Group towards your daily recommended intake:

p milk	Amount that counts as 1 cup in the Milk Group	Common portions and cup equivalents
Milk [choose fat-free or low-fat milk most often]	1 cup 1 half-pint container $\frac{1}{2}$ cup evaporated milk	
Yogurt [choose fat-free or low-fat yogurt most often]	1 regular container (8 fluid ounces) 1 cup	1 small container (6 ounces) = $\frac{3}{4}$ cup 1 snack size container (4 ounces) = $\frac{1}{2}$ cup
Cheese [choose low-fat cheeses most often]	1 $\frac{1}{2}$ ounces hard cheese (Cheddar, Mozzarella, Swiss, Parmesan) $\frac{1}{3}$ cup shredded cheese 2 ounces processed cheese (American) $\frac{1}{2}$ cup ricotta cheese 2 cups cottage cheese	1 slice of hard cheese is equivalent to $\frac{1}{2}$ cup milk 1 slice of processed cheese is equivalent to $\frac{1}{3}$ cup milk $\frac{1}{2}$ cup cottage cheese is equivalent to $\frac{1}{4}$ cup milk
Milk-based desserts [choose fat-free or low-fat types most often]	1 cup pudding made with milk 1 cup frozen yogurt $1\frac{1}{2}$ cups ice cream	1 scoop ice cream is equivalent to $\frac{1}{3}$ cu

* From Tips & Resources section of U.S. Department of Agriculture's www.mypyramid.gov.

Your Blood – Pump It Up!

Your blood works hard. It circulates non-stop through your heart, arteries, veins and capillaries. It carries nutrients and oxygen to your cells and hauls away waste and carbon dioxide. An adult's body contains about 21 cups of blood. About three-fourths of your blood is made up of water. The rest is solid stuff like red and white blood cells and gases like oxygen and carbon dioxide.

Iron is an important mineral for healthy red blood cells. If you don't get enough iron from the foods you eat, you might feel tired a lot. That's because your red blood cells can't carry as much oxygen to your body.

You get iron from beef, chicken and other meats. Foods that come from plants such as spinach, kidney beans, raisins, oatmeal and some cold cereals give you iron, too. Iron and vitamin C work really well together, so have something with vitamin C with your iron, like a glass of OJ with your cereal or sliced tomatoes on your hamburger.

This article was adapted with permission from Kidnetic.com.

A Baker's Dozen Fast Breakfast Ideas

Breakfast is an important meal – don't leave home without it because you think it's boring or takes too long! The baker's dozen (that means 13) breakfast ideas below will fuel you up fast.

1. A carton of yogurt mixed with raisins and sunflower seeds
2. A tortilla (try whole wheat!) rolled with beans and low-fat cheese. If you are used to whole milk choices, you should try switching slowly to low-fat and fat-free milk, yogurt and cheese.
3. A granola bar and milk
4. Mom's meatloaf and milk or juice
5. Your favorite cereal, milk and banana slices (or any fruit!)
6. Peanut butter on whole-wheat toast and juice
7. A yogurt drink and a handful of nuts
8. A toasted bagel topped with sliced cheese and tomato
9. Instant oatmeal made with milk and dried cranberries
10. A cheese stick, an apple and a few crackers
11. A frozen waffle or pancake (toasted, of course!) smeared with applesauce or peanut butter, plus a glass of low fat or fat free milk
12. A PBJ (peanut butter and jelly) or turkey and cheese sandwich and milk or juice
13. A bran muffin, a hardboiled egg and milk or juice

Action! Make Your Own Commercial or Print Ad

Imagine that you are an advertising professional and you have been asked to design either a print ad or TV commercial for a MyPyramid product (food or beverage). Follow the steps below and see how creative you can be!

Food or Beverage Name: _____

Product Qualities: _____

Step 1: Define your Customer.

- Who will want to buy your product? _____
- What need will it meet in their lives? _____
- When will they eat or drink the product? _____

Step 2: Decide What Your Customer Wants to Know About Your Product.

- What are the one or two essential things that your customer will want to know about this product?
 1. _____
 2. _____

Step 3: Attract Your Customer's Attention.

- Think about what your customer will pay attention to most: colors, sounds, humor, music, cartoons, celebrities, etc.
- Tell your customer how your product will give them what they want most:
 - To fit in with the group, be like everyone else
 - To stand out from the group by being stronger or more powerful
 - To be smarter than everyone else
 - To be healthier than everyone else
 - To be cool, look good, have more confidence

Step 4: Make it Happen.

- Outline or draw a sketch of your commercial or print ad. Then rehearse or refine the ad until you think it's ready to be recorded or shared.

Are You Snack Smart?

Here's a quick quiz!

True or false: Snacking can be good for you.

That's absolutely true when you're smart about the way you snack.

When is snacking not so smart? Well, when you're not really hungry, but you eat lots of snacks just because it's a habit, like when you're watching TV. Or, if you always snack on the same things, like salty snacks, sweet treats or sugary drinks. These are OK sometimes, but there's a ton of different snacks you can try.

You're "snack smart" if you ...

- **Pick snacks that taste great and help you look and feel good.** Check out our Super Snack Finder below for some ideas. Then, ask Mom and Dad to stock up on the stuff you like best. Don't be boring! Try some new snacks, too.
- **Have a snack when there's tons of time between meals.** So, if you eat lunch at noon and dinner's at 6:00, a snack right after school if you are hungry – say at about 3:00 – is just right. You'll get some fuel to do homework or to get outside and play.
- **Eat enough, but not too much.** When you're fueling up between meals, don't eat so much that you're stuffed when it's time for dinner. But, if you're doing something active like playing a sport, taking a dance class, biking or running around with your friends, it's OK to fuel up with a bigger snack.
- **Pack a great snack in your backpack.** When you can't get home for a snack because of your busy schedule, take it with you. Pack sturdy stuff that won't get squished – try an apple, single-serving boxes of raisins, small bags of nuts or pretzels or a box of juice.

Super Snack Finder

- Low-fat yogurt – try freezing those squeezable tubes
- Low fat cheese sticks
- A fistful of peanuts or trail mix
- Frozen fruit bars
- Any fresh fruit like grapes, an apple, banana or orange – you pick!
- Any dried fruit like raisins or apricots
- Any veggie, especially easy-to-eat ones like cherry tomatoes, baby carrots and cut-up green peppers
- Graham crackers (don't forget the milk!)
- Oatmeal cookies
- Fig bars
- Cereal bar or granola bar
- Low-fat chocolate milk
- Orange juice
- A toasted bagel half topped with a cheese slice

- Pudding made with low fat or fat free milk
- Applesauce
- Whole-wheat crackers smeared with peanut butter
- Pretzels
- Salsa and baked tortilla chips
- Hummus (chick pea dip) and pita bread
- A cup of soup and a couple of crackers
- Bowl of cereal – hot or cold
- A microwaved potato topped with catsup
- Cold cooked chicken
- A slice of pizza – hot or cold

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Be a Food Ad Reviewer

Companies that make foods and drinks often advertise on TV, the radio, and magazines hoping you'll want to buy their product. To help you decide, it's good to think about how ads "talk" to you. Tune into the tube, the radio or your favorite magazine to "review" some ads (commercials) for foods or drinks. Use the spaces below to write down what you think about one ad.

What food or drink was featured in the ad?

What does the ad do to catch your attention and help sell the product?

- ☐ animation
- ☐ music
- ☐ jokes or humor
- ☐ bright colors
- ☐ cartoons or celebrities
- ☐ other _____

What does the ad seem to say the product will do if you eat/drink the product? Will it make you...

- ☐ stronger
- ☐ smarter
- ☐ have more fun (cooler)?
- ☐ other _____

Do you believe what the commercial is saying about the product and what it will do for you? Why?

Is the amount of the food or drink shown in the ad

- ☐ too big to eat or drink at one time
- ☐ too small
- ☐ just right?

Does the ad show people doing active things like getting some exercise? If so, what are they doing?

After seeing the ad, do you want to try the food or drink? Why?

Overall, I give this ad a (check one)

- ☐ Thumbs Up
- ☐ Thumbs Down

Explain why:

Easy Parmesan Chicken Fingers (Oven Recipe)

Makes 6 servings

Stuff You Need

Oven

Cutting board

Cutting knife

Several large zipper-style food storage bags

1 Medium bowl

Baking sheet

Cooking spray

Potholders

Snack-size plates (1 per participant)

What's In It?

$\frac{1}{3}$ cup grated Parmesan cheese

$\frac{3}{4}$ cup seasoned dry bread crumbs

1- $\frac{1}{2}$ lb. chicken tenders or boneless skinless chicken breasts, cut into strips

Ketchup or salsa (if desired)

How to Put It Together

1. Preheat oven to 400°F. Add cheese to bread crumbs in zipper-style bag.
2. Moisten chicken with water. Shake off excess water. Place chicken in bowl.
3. Add 2 or 3 chicken tenders to bag; shake until evenly coated.
4. Repeat with remaining chicken tenders.
5. Place on nonstick baking sheet or baking sheet sprayed with cooking spray.
6. Bake 12 to 14 min. or until chicken is cooked through. Ask for help when removing pan from the oven – it can be very hot! Remember to always use a potholder when removing things from the oven. Serve with ketchup or salsa for dipping, if desired.
7. Be sure to discard shaker bag and any remaining bread crumbs mixture because it has touched the raw chicken and cannot be used again or eaten. Also wash hands well with lots of soap and hot water, after touching raw meat.

Why It's Good for You

This is a lower-fat version of a favorite for many youth. It counts towards your daily Meat & Beans group goal!

Nutrition Information Per Serving: 210 calories, 6g total fat, 2g saturated fat, 75mg cholesterol, 530mg sodium, 10g carbohydrate, less than 1g dietary fiber, less than 1g sugars, 29g protein, 0%DV vitamin A, 0%DV vitamin C, 15%DV calcium, 8%DV iron.

Fresh Fruit Pudding Milk Shake (Blender Recipe)

Makes 4 servings (about 1 cup each)

Stuff You Need

Blender

1 small bowl

Butter knife or plastic knife

Rubber spatula

Measuring cups

Plastic cups (1 per participant)

What's In It?

3 $\frac{1}{2}$ cups 2% reduced fat milk

1 pkg. (4-serving size) vanilla flavor instant pudding, or any flavor

1 medium ripe banana, cut into chunks

$\frac{1}{2}$ cup strawberries

How to Put It Together

1. Wash strawberries and remove stems with butter knife or plastic knife.
2. Place all ingredients in blender container; cover. Blend 1 minute or until smooth. Serve immediately.

Why It's Good for You

Enjoy this cool, calcium-rich milk shake – it counts towards your daily Milk Group goal! The strawberries also make it a good source of vitamin C.

Nutrition Information Per Serving (1 cup): 230 calories, 4.5g total fat, 2.5g saturated fat, 15mg cholesterol, 460mg sodium, 41g carbohydrate, 1g dietary fiber, 26g sugars, 8g protein, 10%DV vitamin A, 25%DV vitamin C, 25%DV calcium, 0%DV iron.

Fruit and Cheese “Butterfly” Snack Mix (No Oven Recipe)

Makes 8 snacks

Stuff You Need

Re-sealable sandwich size plastic bags (1 per participant)

Chenille pipe cleaners or long twist ties (1 per participant)

3 bowls (or containers with covers)

Plastic wrap

Recipe ingredients (see below)

What’s In It?

8 oz. reduced fat Cheddar cheese, cut into bite-sized pieces (or use pre-cut cheese cubes)

2 cups whole strawberries, washed, stems removed, quartered

2 cups seedless red or green grapes, washed and cut in half

How to Put It Together

1. Place 1 oz. cheese in 1 side of re-sealable sandwich-size plastic bag; loosely tie pipe cleaner or twist tie around middle of bag.
2. Place fruit in other end of bag; seal bag, then twist pipe cleaner tightly around the middle of the bag to separate cheese from the fruit.
3. Curl ends of pipe cleaner to resemble antennae of a butterfly.
4. Refrigerate until ready to serve.
5. To enjoy snack, untwist pipe cleaner, leaving bag sealed. Gently shake bag to mix fruit and cheese.

Why It’s Good for You

This snack is a good source of calcium and also counts towards your daily Milk Group and Fruit Group goals!

Nutrition Information Per Serving: 130 calories, 6g total fat, 4g saturated fat, 20mg cholesterol, 180mg sodium, 10g carbohydrate, 1g dietary fiber, 9g sugars, 7g protein, 8%DV vitamin A, 40%DV vitamin C, 20%DV calcium, 0%DV iron.

Fruit and Veggie Color List

Note: This is a partial list. There are other correct answers.

- **Blue/Purple:** Blueberries, Blackberries, Cabbage, Grapes, Black Currants, Elderberries, Dried Plums (or Prunes), Plums, Eggplant, Onion, Potatoes, Turnips
- **Brown:** Jicama, Kiwi, Mushrooms, Pears, Potatoes, Raisins
- **Green:** Apples, Artichoke, Arugula, Asparagus, Avocado, Bok Choy, Broccoli, Brussels Sprouts, Cabbage, Celery, Chives, Collard Greens, Cucumber, Endive, Grapes, Green Beans, Honeydew Melon, Kale, Kiwi, Kohlrabi, Lettuce, Lima Beans, Mustard Greens, Onions (or Scallions), Pears, Peas, Peppers, Spinach, Split Peas, Swiss Chard, Turnip Greens, Watercress, Zucchini
- **Orange:** Butternut Squash, Cantaloupe, Carrots, Clementines, Mangoes, Nectarines, Oranges, Peaches, Papaya, Pumpkin, Sweet potatoes, Tangerines
- **Red:** Apples, Beets, Cherries, Cranberries, Grapes, Onion, Pears, Pink Grapefruit, Raspberries, Strawberries, Watermelon, Cabbage, Peppers, Potatoes, Radishes, Tomatoes, Kidney Beans, Red Beans
- **White:** Cauliflower, Garlic, Leeks, Onions, Potatoes, Turnips, Water Chestnuts, White Beans
- **Yellow/Gold:** Apples, Apricots, Bananas, Corn, Lemons, Pineapple, Grapefruit, Pears, Peppers, Raisins, Split Peas, Squash (summer)

Gotta Split! Breakfast (No Oven Recipe)

Makes 1 serving

Stuff You Need

1 small bowl

Plastic wrap

Spoons

Butter or plastic knives (1 per participant)

Plastic cereal bowls (1 per participant)

Plastic spoons (1 per participant)

Measuring cups

What's In It?

1 small ripe banana, peeled, halved lengthwise

1/2 cup vanilla low fat yogurt

1/2 cup whole grain cereal (pick your favorite variety)

1/2 cup fresh fruit (strawberries or blueberries) or canned fruit, drained (sliced peaches, etc.)

How to Put It Together

- Peel banana and cut in half lengthwise; place in cereal bowl.
- Top with yogurt, cereal, and fruit.

Why It's Good for You

Enjoy this fun breakfast idea – it counts towards your daily Fruits Group, Milk Group and Grains Group goals! The fruit makes it a good source of vitamin C.

Nutrition Information Per Serving: 330 calories, 4g total fat, 1.5g saturated fat, 10mg cholesterol, 200mg sodium, 70g carbohydrate, 9g dietary fiber, 44g sugars, 9g protein, 10%DV vitamin A, 35%DV vitamin C, 20%DV calcium, 20%DV iron.

How Hungry Are You Now?

Everyone loves to eat! Enjoying food is one of life's greatest pleasures. While we all eat for many reasons besides hunger, being aware of your hunger level can help you eat for the right reasons. The next time you are ready to eat, check in with your hunger level before gobbling down food just because it's there. Use the scale below to rate your hunger and decide whether it's "time to eat" or time to do something else!

Hunger Scale

1. Absolutely Stuffed: Can't eat another bite.
2. Somewhat Stuffed: Could fit in dessert but would rather not.
3. Sort of Stuffed: Pants feel a bit tight, had more than enough to eat.
4. Comfortably Full: Ate enough but not too much, pants fit fine.
5. Not Full or Hungry: Feel great and ready to go.
6. Not Hungry: Feel great, ready to go, food is not on your mind.
7. A Little Hungry: Thinking about food more and noticing food smells.
8. Sort of Hungry: Stomach feels a bit empty, food is on your mind.
9. Somewhat Hungry: Stomach is rumbling and empty, it's time to look for food.
10. Very Hungry: Stomach is rumbling and empty, starting to get cranky and impatient, it's time to eat!!!

Instead of Eating, Try...

If you regularly find yourself wanting to eat when you aren't really hungry (six or less on the scale above), try doing some of the activities below instead of eating. They'll keep you busy until you are truly hungry. If you choose something with an * you'll do something that moves your body and helps keep you active! Don't forget to fill in your own ideas!

- jump rope*
- do sit ups or push ups*
- go bike riding*
- play basketball*
- brush your teeth
- call a friend
- play a game
- read a book
- color, draw or paint
- listen or dance* to music
- do a craft (knit, crochet, etc.)
- _____
- _____

Insect-Infected Logs (No Oven Recipe)

Makes 4 servings (2 filled logs each)

Stuff You Need

Cutting board

Cutting knife (for adult use)

3 small bowls (or containers with covers)

Plastic wrap

Butter knives or plastic knives

Measuring cups

Measuring spoons

Snack-size plates (1 per participant)

What's In It?

4 (8-inch) celery stalks

1/2 cup creamy peanut butter

2 tablespoons currants (or raisins)

2 tablespoons apricot bits or 6 dried apricots sliced into mini “worm-like” pieces

How to Put It Together

1. Fill celery “logs” evenly with peanut butter using a butter knife or plastic knife.
2. Top with currants for the “ants” and apricots (“worms”). Take a bite – if you’re not too grossed out! They’re weirdly wonderful!

Why It's Good for You

This snack counts towards two food groups – Meat & Beans (did you know peanut butter is in the Meat & Beans Group?) and Vegetables (from the celery) plus it gives you fiber!

Nutrition Information Per Serving: 220 calories, 16g total fat, 3.5g saturated fat, 0mg cholesterol, 190mg sodium, 14g carbohydrate, 3g dietary fiber, 9g sugars, 9g protein, 8% vitamin A, 6% vitamin C, 4% calcium, 6% iron

This recipe is adapted with permission from Kidnetic.com.

Keep Your Body Parts Working Right: Gos and Whoas

Body Part	Jobs in Your Body	Go 😊	Whoa 😞
Brain	Controls your ability to think, speak, see, hear, remember things and feel stuff.	<p>Feed your brain its favorite foods. It thrives on the carbohydrates in bread, cereal, pasta, fruits and veggies.</p> <p>Try some brain food that's tough to pronounce. Ask Mom, Dad or another adult to cook one of these tongue-twisting whole grains: quinoa (KEEN-WAH), triticale (TRIHT-IH-KAY-LEE), bulgur (BUHL-GUHR), couscous (KOOS-KOOS) or kamut (KAH-MOOT).</p>	Use your noodle! Don't even think about skipping breakfast, especially before a test. Your brain needs fuel to figure out the answers.
Eyes	Send images to your brain so you can see.	<p>Be bright about fruits and veggies. The brighter the color, the more goodies for our eyes. Look into red peppers, carrots, spinach, berries and cantaloupe.</p> <p>Keep your eyes peeled on cooked carrots. Both raw and cooked carrots contain beta carotene, which your body turns into vitamin A – one of the good guys for your eyes. Cooking softens up the carrot so your body gets more beta-carotene out of it.</p>	<p>Don't go out in the sun without shades! Not only is it totally uncool, but the sun can hurt your eyes if you don't protect them.</p> <p>Stop slipping those veggies to the dog! You need to eat them for healthy eyes.</p>
Teeth	Grind up your food into tiny pieces so you can swallow it.	<p>Scrub 'em. Always put that toothbrush in your mouth after you eat to brush away carbohydrates – things found in some foods that can cause cavities.</p> <p>Pick your teeth, not your nose. Now go get in there and floss 'em, Kid! Flossing cleans between your teeth where your toothbrush can't reach.</p> <p>Teeth need calcium from milk, yogurt and cheese and fluoride from water.</p>	Don't snack all the time. The more times you snack, the more your teeth are under an "acid attack" that can cause cavities. YIKES!

Body Part	Jobs in Your Body	😊 Go 😊	😓 Whoa 😓
Muscles	Contract so you can move your body.	<p>Fuel your muscles with carbohydrates like bread, pasta and cereal. Carbohydrates are your muscles' favorite fuel source. Plus, muscles store some carbohydrates in case they need fuel later.</p> <p>Protein is what muscles are made of but all you need is about 6 ounces of high-protein foods a day. That's two pieces of beef, chicken or fish that are the size of a deck of cards. Beans or nuts have protein, iron and fiber as well.</p>	<p>No need to eat mountains of meat. Sure, meat contains protein just like your muscles do, but eating tons of protein won't make your muscles stronger.</p> <p>Don't slack. Get outta here. Go. PLAY. Your muscles like to get used. The more you use them, the stronger they get.</p>
Blood	Carries oxygen and nutrients to your cells and hauls away waste.	<p>Get your blood pumping by eating foods with lots of iron. The mineral iron is an important part of your red blood cells, which carry oxygen all over your body.</p> <p>Improve your iron intake. Gulp down some OJ with your oatmeal or cold cereal. The vitamin C in the OJ helps your body use more of the iron in the oatmeal or cold cereal. Protein foods like beef, chicken, fish, beans and nuts are also good sources of iron.</p>	<p>Don't skip foods with iron in them! If you do, you might feel tired all the time. That's because your red blood cells need iron to carry oxygen all around your body.</p>
Bones	Form your framework so you can stand up straight and tall.	<p>Chug a couple glasses of low fat or fat free milk or orange juice with calcium. Yogurt and cheese are great, too. Do it daily. Your bones need it bad because 99% of the calcium in your body is in your bones.</p> <p>Get your bones in motion by playing, running and jumping. Moving your bones makes them stronger.</p>	<p>Sheeeesh. How many times do we have to say this? Don't skimp on foods and drinks with lots of calcium! Your body needs calcium for strong bones and to use for other important jobs in your body. When you don't get enough calcium, your body "robs" calcium from your bones to use in other ways.</p> <p>Don't bore your bones. If you want strong ones, you gotta excite 'em by moving 'em. Sitting around a lot can make your bones get weaker.</p>

Body Part	Jobs in Your Body	😊 Go 😊	😞 Whoa 😞
Heart	Pumps blood to all parts of the body.	<p>Color your meals. Eat red, orange, yellow, green and blue by getting lots of different fruits and veggies. The colors mean there's cool "food chemicals" in there that help keep your heart healthy.</p> <p>Low fat (less grease) is the way to go: skim or 1% milk, lean meats (little fat, no skin), and foods that are grilled, baked or broiled, not fried.</p> <p>Get your heart pumping. Breathe hard. Bike, dance, run and jump. That means PLAY! Why?</p>	<p>Because your heart is a muscle that likes a good workout. Don't be a couch spud, Bud. Get away from the screen. Now. A healthy heart needs action, not a lot of sitting around.</p> <p>Don't scarf down too much fatty stuff. If you do, over time, you might make it hard for your heart to pump blood through your vessels.</p>
Liver	Filters and cleans germs out of your blood and stores some vitamins until you need them.	Fill 'er up. Your liver loves the carbohydrates in bread, cereal, rice and pasta. Your liver stores some carbohydrates as an emergency fuel source for your body in case you start to run low.	No, no, no, no. You don't actually have to eat liver to keep your liver healthy. All your liver asks is for you to eat healthy by following MyPyramid.
Kidneys	Work constantly to filter extra water and other things from your blood to make urine.	<p>Flood your kidneys. Drink lots of fluids. That makes it easier for your kidneys to make urine by filtering extra fluids and other stuff from your blood.</p> <p>Make a watery mess with watermelon juice trickling down your chin. You don't have to drink all your water to have healthy kidneys. The water in watery foods like watermelon, oranges and cucumbers counts, too!</p>	<p>Let your thirst be your guide: when you're thirsty, drink up. Don't dry out: that makes it harder for your kidneys to remove "waste" from your body in your urine.</p> <p>If you forget to drink enough fluids, your urine will be dark and smelly – P.U. central! You're drinking enough – and making it easier for your kidneys to work – when you make a lot of urine that's light in color.</p>

Body Part	Jobs in Your Body	😊 Go 😊	😞 Whoa 😞
Intestines	Absorb nutrients (like carbohydrates, protein, fat, vitamins and minerals) from food and make solid waste from the rest that comes out when you go to the bathroom. Eat foods that make you “go” . . . to the bathroom!	<p>The stuff called “fiber” in foods like fruits, veggies, beans, and whole-wheat breads and cereals (like raisin bran, wheat flakes or toasted oats) makes it easier for you to have a B.M. (Bowel Movement).</p> <p>Move your body so food rides smoothly right through you. It makes total sense. The more you move and jiggle things around inside your intestines, the quicker and easier “stuff” comes out!</p>	Don’t dry out. Drink water and other fluids. Drinking water is one way that may help keep the stuff in your intestines softer, which makes it easier to go to the bathroom.

Adapted with permission from the Kidnetic.com Leader’s Guide to Healthy Eating & Active Living for Children & Families.

Mexicali Cheddar Bean Salad (No Oven Recipe)

Makes 8 servings (1 cup each)

Stuff You Need

Can opener

Strainer

Cutting knife

Cutting board

1 large bowl

1 large spoon

Measuring cups

Measuring spoons

Plastic wrap

Plastic forks (1 per participant)

Plastic bowls or small plates (1 per participant)

What's In It?

1 can (16 oz.) black beans, rinsed, drained

1 can (16 oz.) kidney beans, rinsed, drained

1 can (16 oz.) navy or great northern beans, rinsed, drained

6 oz. reduced fat sharp Cheddar cheese, cubed

1 small red pepper, chopped

1/2 cup salsa

1/2 cup sliced green onions

1 Tbsp. lime juice (bottled)

How to Put It Together

1. Open cans of beans; place beans in a strainer and rinse well.
2. Ask an adult to help with cutting up the cheese (into small cubes), the red peppers and the green onions.
3. Measure salsa and lime juice.
4. Blend all ingredients together in large bowl.

Why It's Good for You

This snack is a source of calcium from the reduced fat cheese and counts towards your daily Milk Group goal! You also get fiber from the veggies and beans. Plus the beans count towards your daily Meat & Beans Group goal!

Nutrition Information Per Serving (1 cup): 120 calories, 3.5g total fat, 2g saturated fat, 10mg cholesterol, 470mg sodium, 14g carbohydrate, 4g dietary fiber, 3g sugars, 8g protein, 10%DV vitamin A, 20%DV vitamin C, 10%DV calcium, 6%DV iron.

Mini Muffin Pizzas (Microwave Recipe)

Makes 8 mini-pizzas

Stuff You Need

Microwave oven

Toaster (optional)

1 small bowl (or container with cover)

Plastic wrap

Plastic spoons (1 per participant)

1 Microwave-safe plate

Snack-size plates (1 per participant)

Potholder or oven mitt

Recipe ingredients (see below)

What's In It?

4 whole-wheat English muffins

1/2 cup spaghetti sauce

8 slices reduced fat mozzarella cheese

How to Put It Together

1. Split English muffins; toast if desired.
2. Top each English muffin half with 1 Tbsp. sauce and 1 slice cheese.
3. Place on microwave-safe plate; microwave each muffin half on HIGH 10 to 15 seconds or until cheese is melted.
4. Ask for help when removing pizza from the oven – your pizza can be very hot! Remember to always use a potholder when removing things from the microwave.

Why It's Good for You

This pizz-azzy snack is an excellent source of calcium from the reduced fat cheese and counts towards your daily Milk Group goal! The English muffin counts towards your daily Grains Group goal!







Nutrition Information Per Serving (1 mini pizza): 130 calories, 3.5g total fat, 2g saturated fat, 10mg cholesterol, 350mg sodium, 15g carbohydrate, 1g dietary fiber, less than 1g sugars, 8g protein, 8%DV vitamin A, 2%DV vitamin C, 40%DV calcium, 6%DV iron.

MyPyramid Worksheet

Name: _____

MyPyramid
FOR KIDS

Check how you did yesterday and set a goal to aim for tomorrow

Write In Your Choices From Yesterday	Food and Activity	Tip	Goal (Based On a 1800 Calorie Pattern)	List Each Food Choice In Its Food Group*	Estimate Your Total
Breakfast:	Grains 	Make at least half your grains whole grains.	6 ounce equivalents (1 ounce equivalent is about 1 slice bread, 1 cup dry cereal, or 1/2 cup cooked rice, pasta, or cereal)		_____ ounce equivalents
Lunch:	Vegetables 	Color your plate with all kinds of great tasting veggies.	2 1/2 cups (Choose from dark green, orange, starchy, dry beans and peas, or other veggies).		_____ cups
Snack:	Fruits 	Make most choices fruit, not juice.	1 1/2 cups		_____ cups
Dinner:	Milk 	Choose fat-free or lowfat most often.	3 cups (1 cup yogurt or 1 1/2 ounces cheese = 1 cup milk)		_____ cups
	Meat and Beans 	Choose lean meat and chicken or turkey. Vary your choices—more fish, beans, peas, nuts, and seeds.	5 ounce equivalents (1 ounce equivalent is 1 ounce meat, chicken or turkey, or fish, 1 egg, 1 T. peanut butter, 1/2 ounce nuts, or 1/4 cup dry beans)		_____ ounce equivalents
Physical activity:	Physical Activity 	Build more physical activity into your daily routine at home and school.	At least 60 minutes of moderate to vigorous activity a day or most days.		_____ minutes

How did you do yesterday? ☐ Great ☐ So-So ☐ Not So Great

My food goal for tomorrow is: _____

* Some foods don't fit into any group. These "extras" may be mainly fat or sugar—limit your intake of these.

My activity goal for tomorrow is: _____









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MyPyramid Worksheet

Check how you did today and set a goal to aim for tomorrow

Write in Your Choices for Today	Food Group	Tip	Goal Based on a 2000 calorie pattern.	List each food choice in its food group*	Estimate Your Total
	 GRAINS	Make at least half your grains whole grains	6 ounce equivalents (1 ounce equivalent is about 1 slice bread, 1 cup dry cereal, or ½ cup cooked rice, pasta, or cereal)		ounce equivalents
	 VEGETABLES	Try to have vegetables from several subgroups each day	2 ½ cups Subgroups: Dark Green, Orange, Starchy, Dry Beans and Peas, Other Veggies		cups
	 FRUITS	Make most choices fruit, not juice	2 cups		cups
	 MILK	Choose fat-free or low fat most often	3 cups (1 ½ ounces cheese = 1 cup milk)		cups
	 MEAT & BEANS	Choose lean meat and poultry. Vary your choices—more fish, beans, peas, nuts, and seeds	5 ½ ounce equivalents (1 ounce equivalent is 1 ounce meat, poultry, or fish, 1 egg, 1 T. peanut butter, ½ ounce nuts, or ¼ cup dry beans)		ounce equivalents
	 PHYSICAL ACTIVITY	Build more physical activity into your daily routine at home and work.	At least 30 minutes of moderate to vigorous activity a day, 10 minutes or more at a time.	*Some foods don't fit into any group. These "extras" may be mainly fat or sugar—limit your intake of these.	minutes

How did you do today? ☐ Great

☐ So-So

☐ Not so Great

My food goal for tomorrow is: _____

My activity goal for tomorrow is: _____



READ IT *before you EAT IT!*

How many servings are you eating?



Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving

Calories 250 **Calories from Fat** 110

% Daily Value*

Total Fat 12g	18%
Saturated Fat 3g	15%
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A 4%	• Vitamin C 2%
Calcium 20%	• Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than	65g	80g	
Sat Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

What food would have this Nutrition Facts label? Answer below.*

Get What You Need!

Get LESS

5% or less is low
20% or more is high

Get ENOUGH

5% or less is low
20% or more is high



What's the Best Choice for You?

Use the **5%-20% Guide to Daily Values** to choose foods.

*Answer:
Box of macaroni and cheese.

How do your choices stack up? The photos show approximate serving sizes from the five major food groups of the Food Guide Pyramid. This combination of food choices shows the servings from the Pyramid for an older child, a teen girl, an active woman, and most men, for one day. Teen boys and active men may need more servings of food.

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Serves You Right Matching Game

Can you guess how much is a serving? A serving of each food or group of foods listed on the left matches up in size with one of the things listed on the right. Draw a line to connect each left-hand food with the correct right-hand thing. Use the *Portion Distortion – It's How Much You Eat That Counts* article to check your answers (p. 188).

1 cup fruit, vegetables, cooked cereal, pasta or rice	computer mouse
3 ounces cooked meat, poultry or fish	6 dice
1 tortilla (1 oz.)	2 checkers
1/2 bagel (1 oz.)	baseball
1 teaspoon of margarine or butter	small soft drink lid
1 tablespoon of peanut butter (1 oz.)	1 can
1 small baked potato (1 cup)	your thumb tip
1 pancake or waffle (1 oz.)	deck of cards
1 medium apple or orange (1 cup)	baseball
3 cups popcorn (1 oz.)	3 baseballs
1 1/2 ounces of cheese	small 6 inch plate
1 1/2 cups of regular soft drink or fruit drink (12 oz.)	1 music CD

Adapted with permission from the Kidnetic.com Leader's Guide to Healthy Eating & Active Living for Children & Families.

Super-Duper Shakin' Snack Mix (No Oven Recipe)

Makes 3 servings

What's In It?

1 cup mini pretzels

1 cup white cheddar cheese or cheese flavored popcorn

1/2 cup puffed wheat or other mini wheat cereal

1/4 cup cashew halves and pieces or peanuts, lightly salted

1/4 cup raisins

Stuff You Need

Large-size bowl

Dry measuring cups

3 re-sealable, sandwich-size plastic bags

How to Put It Together

1. Into a large bowl, dump each ingredient from a dry measuring cup.
2. Toss the ingredients together by shimmyin' and shakin' the bowl!
3. Throw the snack mix into 3 re-sealable, sandwich-size plastic bags.
4. Grab it as a speedy snack on the go!

Why It's Good for You

This snack is a good source of iron, contains fiber, and supplies whole grains (popcorn and wheat cereal).

Nutrition Information Per Serving: 200 Calories, 9g Total Fat, 2g Saturated Fat, 0mg Cholesterol, 460mg Sodium, 27g Total Carbohydrates, 2g Dietary Fiber, 10g Sugars, 5g Protein, 4%DV Vitamin A, 4%DV Vitamin C, 2%DV Calcium, 10%DV Iron

This recipe is adapted with permission from Kidnetic.com.

Test Your Fruit and Veggie I.Q.

Don't draw a blank! Fill in the correct answer for each clue. Then check your answers below.

1. When it comes to eating fruits and veggies, choosing lots of different _____ is key.
2. Name three nutrients fruits and veggies are famous for: _____, _____, _____.
3. Name your favorite way to get fruits at breakfast: _____.
4. Fruits and veggies don't take chemistry, but they get an "A" for having lots of _____ that help fight disease.
5. Name your favorite way to get veggies at lunch: _____.
6. Name two forms fruits and veggies come in: _____ and _____.
7. Fruits and veggies contain _____, which help protect your body cells from damage.
8. Name your favorite way to snack on fruits or veggies: _____.
9. Vitamin _____ and vitamin _____ are antioxidants.
10. Name your favorite ways to get a fruit AND a veggie at dinner: _____.

How Did You Do?

9-10 correct: You're a veritable fruit and vegetable genius. Congrats!

6-8 correct: Very good! Keep learning about fruits and veggies – you clearly have lots of produce potential.

3-5 correct: You could use some review. Brush up on your fruit and veggie facts and try again soon.

0-2 correct: Uh oh! At the moment, you are fruit and veggie challenged. Don't wait another minute to learn more about the great things they can do for you.

- Answers:
1. Colors
 2. Vitamin A, vitamin C, vitamin E (veggies), folate, potassium, fiber
 3. Your choice!
 4. Phytochemicals
 5. Your choice!
 6. Fresh, frozen, canned, dried, 100% juice
 7. Antioxidants
 8. Your choice!
 9. Vitamin C, vitamin E
 10. Your choice!

Very Cool Veggie Burrito (Microwave Recipe)

Makes 4 “snack size” servings (or 2 meal servings)

Stuff You Need

Microwave

Cutting board

Cutting knife

3 bowls (or containers with covers)

Measuring cups

Butter knives or plastic knives

Microwave-safe plate

Potholders

Plastic wrap or foil

Snack-size plates (1 per participant)

What's In It?

2 large (burrito-size) flour tortillas

$\frac{2}{3}$ cup fat-free, canned refried beans

1 cup shredded part-skim mozzarella cheese

1 medium tomato

2 green onions (use the white and green parts!)

1 $\frac{1}{2}$ cups pre-bagged chopped romaine lettuce

$\frac{1}{2}$ cup salsa for dipping (optional)

How to Put It Together

Have members work in pairs, as each burrito will be cut in half to make two snacks.

1. Using a butter knife or plastic knife, spread $\frac{1}{3}$ cup refried beans over the entire surface of the tortilla – just like frosting!
2. Place each “frosted” tortilla on a microwave-safe plate. Microwave on HIGH for 20-30 seconds or until beans are heated through. Ask for help when removing tortilla from the oven – it can be very hot! Remember to always use a potholder when removing things from the microwave.
3. Top each tortilla with $\frac{1}{2}$ cup shredded cheese, half the chopped tomatoes and green onion and $\frac{3}{4}$ cup lettuce.
4. Roll up, tucking in both sides of each tortilla as you roll it up.
5. Ask an adult to help you cut your burrito in half, sharing half with your partner. (A whole burrito can make a delicious main dish for lunch or dinner.) Spoon some salsa onto your plate for dipping your burrito.

Why It's Good for You

This snack is an excellent source of calcium from the cheese, and the veggies and refried beans give you fiber. And this snack counts toward four different food groups!

- Cheese counts toward your daily Milk Group goal
- Tomato and romaine lettuce count toward your daily Vegetable Group goal
- Tortilla counts toward your daily Grains Group goal
- Refried beans counts toward your daily Meat & Beans Group goal

Nutrition Information Per Serving (1 whole burrito): 510 calories, 17g total fat, 8g saturated fat, 30mg cholesterol, 1210mg sodium, 61g carbohydrate, 11g dietary fiber, 3g sugars, 28g protein, 40%DV vitamin A, 50%DV vitamin C, 70%DV calcium, 20%DV iron

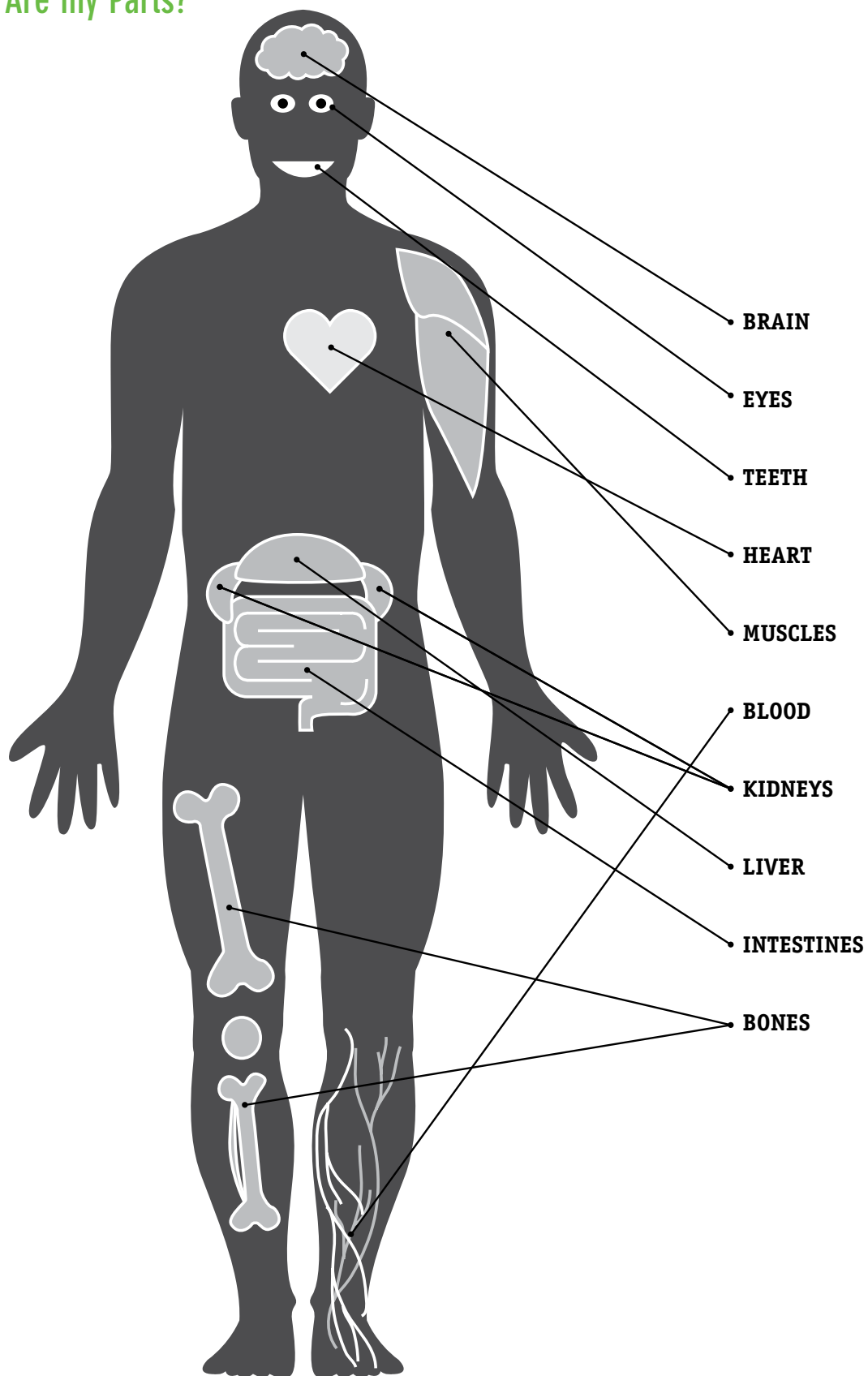
This recipe is adapted with permission from Kidnetic.com.

What's This for Anyway?

Body Part	Here's My Job	What's Good For This Part
All fluids		
Brain	Controls your ability to think, speak, see, hear, remember things and feel stuff	Breads, noodles (pasta), rice, cereal, fruits: carbohydrates (Kar-bow-hi-drates)
Eyes	Send images to your brain so you can see	Fruits and vegetables, especially brightly colored ones (carrots, spinach, berries, cantaloupe, red peppers)
Teeth	Grind up your food into tiny pieces so you can swallow it	Calcium from milk, yogurt, cheese; fluoride from water
Intestines	Absorb nutrients (like carbohydrates, protein, fat, vitamins and minerals) from food and make solid waste from the rest that comes out when you go to the bathroom	Foods with fiber: whole-wheat breads and cereals, fruits, veggies, beans Also: drink fluids and play hard (jump rope, bike riding, basketball, running, etc.)
Muscles	Contract so you can move your body	Carbohydrates in breads, noodles, fruits and some protein from meat or beans (not tons) Exercise: make them work by using the jungle gym, or doing handstands, cartwheels, push-ups, or tug of war
Blood	Carries oxygen and nutrients to your cells and hauls away waste	Iron in foods like meat, chicken, fish, beans, cereals and breads
Bones	Form your framework so you can stand up straight and tall	Calcium in foods like milk, yogurt, cheese, orange juice with calcium, and soy milk products
Heart	Pumps blood to all parts of the body	Colorful fruits and veggies and low fat foods like skim milk and lean meats Exercise: make your heart work by jumping rope, bike riding, basketball, running, etc.
Liver	Filters and cleans germs out of your blood and stores some vitamins until you need them	Carbohydrates (again!) like breads, noodles (pasta), rice, cereal, and fruits; also, eating from all the groups of MyPyramid
Kidneys	Work constantly to filter extra water and other things from your blood to make urine	All fluids

Adapted with permission from the Kidnetic.com Leader's Guide to Healthy Eating & Active Living for Children & Families.

Where Are my Parts?



Healthy Bones and Teeth Bingo	Calcium	Cheese	Collard Greens	Egg Yolk
	Enamel	Flossing	Jumping rope	Lactose
	Milk	Milk Group	Sunshine Vitamin	Twice a Day
	Walking	Yogurt	20 Minute	206

Healthy Bones and Teeth Bingo	Cheese	Collard Greens	Egg Yolk	Enamel
	Flossing	Jumping rope	Lactose	Milk
	Milk Group	Sunshine Vitamin	Twice a Day	Walking
	Yogurt	20 Minutes	206	Calcium

Healthy Bones and Teeth Bingo	Collard Greens	Egg Yolk	Enamel	Flossing
	Jumping rope	Lactose	Milk	Milk Group
	Sunshine Vitamin	Twice a Day	Walking	Yogurt
	20 Minutes	206	Calcium	Cheese

Healthy Bones and Teeth Bingo	Egg Yolk	Enamel	Flossing	Jumping rope
	Lactose	Milk	Milk Group	Sunshine Vitamin
	Twice a Day	Walking	Yogurt	20 Minutes
	206	Calcium	Cheese	Collard Greens

Healthy Bones and Teeth Bingo	Enamel	Flossing	Jumping rope	Lactose
	Milk	Milk Group	Sunshine Vitamin	Twice a Day
	Walking	Yogurt	20 Minutes	206
	Calcium	Cheese	Collard Greens	Egg

Healthy Bones and Teeth Bingo	Flossing	Jumping rope	Lactose	Milk
	Milk Group	Sunshine Vitamin	Twice a Day	Walking
	Yogurt	20 Minutes	206	Calcium
	Cheese	Collard Greens	Egg Yolk	Enamel

Healthy Bones and Teeth Bingo	Jumping rope	Lactose	Milk	Milk Group
	Sunshine Vitamin	Twice a Day	Walking	Yogurt
	20 Minutes	206	Calcium	Cheese
	Collard Greens	Egg Yolk	Enamel	Flossing

Healthy Bones and Teeth Bingo	Lactose	Milk	Milk Group	Sunshine Vitamin
	Twice a Day	Walking	Yogurt	20 Minutes
	206	Calcium	Cheese	Collard Greens
	Egg Yolk	Enamel	Flossing	Jumping rope

Healthy Bones and Teeth Bingo	Milk	Milk Group	Sunshine Vitamin	Twice a Day
	Walking	Yogurt	20 Minutes	206
	Calcium	Cheese	Collard Greens	Egg Yolk
	Enamel	Flossing	Jumping rope	Lactose

Healthy Bones and Teeth Bingo	Milk Group	Sunshine Vitamin	Twice a Day	Walking
	Yogurt	20 Minutes	206	Calcium
	Cheese	Collard Greens	Egg Yolk	Enamel
	Flossing	Jumping rope	Lactose	Milk

Healthy Bones and Teeth Bingo	Sunshine Vitamin	Twice a Day	Walking	Yogurt
	20 Minutes	206	Calcium	Cheese
	Collard Greens	Egg Yolk	Enamel	Flossing
	Jumping rope	Lactose	Milk	Milk Group

Healthy Bones and Teeth Bingo	Twice a Day	Walking	Yogurt	20 Minutes
	206	Calcium	Cheese	Collard Greens
	Egg Yolk	Enamel	Flossing	Jumping rope
	Lactose	Milk	Milk Group	Sunshine Vitamin

Healthy Bones and Teeth Bingo	Walking	Yogurt	20 Minutes	206
	Calcium	Cheese	Collard Greens	Egg Yolk
	Enamel	Flossing	Jumping rope	Lactose
	Milk	Milk Group	Sunshine Vitamin	Twice a Day

Healthy Bones and Teeth Bingo	Yogurt	20 Minutes	206	Calcium
	Cheese	Collard Greens	Egg Yolk	Enamel
	Flossing	Jumping rope	Lactose	Milk
	Milk Group	Sunshine Vitamin	Twice a Day	Walking

Healthy Bones and Teeth Bingo	20 Minutes	206	Calcium	Cheese
	Collard Greens	Egg Yolk	Enamel	Flossing
	Jumping rope	Lactose	Milk	Milk Group
	Sunshine Vitamin	Twice a Day	Walking	Yogurt

Healthy Bones and Teeth Bingo	206	Calcium	Cheese	Collard Greens
	Egg Yolk	Enamel	Flossing	Jumping rope
	Lactose	Milk	Milk Group	Sunshine Vitamin
	Twice a Day	Walking	Yogurt	20 Minutes

Healthy Bones and Teeth Bingo Answer Guide

Use this guide to review an important fact about each word or phrase during the bingo game or game show activities.

- 20 Minutes – The minimum amount of time that acid can attack your teeth each time you eat food that contains carbohydrates.
- 206 – The number of bones in your body.
- Calcium – An important mineral that keeps your bones strong.
- Cheese – A calcium-rich food.
- Collard Greens – A veggie that contains calcium.
- Egg Yolk – A food that contains Vitamin D.
- Enamel – The hard outer part of your teeth.
- Flossing – What to do once a day for healthy gums.
- Jumping rope – An exercise that makes your bones strong.
- Lactose – A sugar found in milk.
- Milk – A calcium-rich drink.
- Milk Group – The foods and beverages in this MyPyramid food group are rich in calcium.
- Sunshine Vitamin – Vitamin D.
- Twice a Day – How often you should brush your teeth each day – once after breakfast and once after dinner.
- Walking – An exercise that makes your bones strong.
- Yogurt – A calcium-rich food.

double quarter-pound
burger with cheese

750

small hamburger

250

french fries
(small)

250

french fries
(large)

500

grilled chicken
sandwich

400

chicken nuggets
(10)

400

chicken nuggets
(6)

250

fish sandwich

400

side salad with
2 tbsp. low fat
dressing

50

chocolate chip
cookies (3)

500

fruit pie
(1 individual serving)

250

donut
(1)

300

cereal, snack box

100

regular soft drink
small
(12 fl. oz., 1 can)

150

regular soft drink
large
(32 fl. oz.)

400

diet soft drink
(1 can)

0

water
(1 bottle)

0

candy bar with
chocolate, peanuts
& nougat (about 2 oz.)

300

bag of potato chips
(1 oz.)

150

bag of pretzels
(1 oz.)

100

bag of cheese-
flavored popcorn
(about 3/4 oz. or 2 cups)

150

bag of chocolate
candies
(about 1.7 oz.)

250

2 slices of
cheese pizza
(regular crust)

450

2 slices of pizza with
"the works"
(pan or thick crust)

600

apple

orange

raisins
(small box/1.5 oz.)

100

100

150

caesar salad with
grilled chicken &
2 tbsp. dressing

400

apple slices with
dipping sauce

100

fruit on the
bottom yogurt
(1 carton/6 oz.)

150

milkshake
(large/32 oz.)

1200

milkshake
(small/16 oz.)

600

milk
1% lowfat
(1/2 pint/8 oz.)

100

chocolate milk
1% lowfat
(1/2 pint/8 oz.)

150

orange juice
(1 pint/16 oz.)

200

apple juice
(6.8 fl. oz., 1 box)

100

soft serve ice cream
with fudge sauce
(6.5 oz.)

350

yogurt parfait with
fruit and granola
(5 oz.)

150

fried chicken
drumstick

150

popcorn chicken
(individual serving)

400

mashed potatoes
& gravy
(individual serving)

150

biscuit

200

large beef burrito

400

soft taco with beef

200

cookies
(6 chocolate
sandwich type)

300

animal crackers
or cookies
(1 box)

peanut butter crackers
(6 sandwich crackers)

nuts
(about 1 oz.)

250

200

200

Your Body Quiz Show Cards

Question 1

What body part pumps blood to all the other parts of the body?

Answer: the heart

Bonus 1

Name a food or activity that is good for the heart.

Answers:

Foods: Colorful fruits or vegetables, low fat dairy products (milk, yogurt) or lean meats, chicken, fish, foods that are not fried.

Activities: Anything that gets the heart pumping hard (biking, running, swimming, basketball, jumping rope, etc.)

Question 2

What body part filters and cleans germs out of your blood and stores some vitamins until you need them?

Answer: the liver

Bonus 2

The liver stores carbohydrates as an emergency fuel source for your body. Name the food group from MyPyramid that is a major source of carbohydrates.

Answer: Grains Group (bread, cereal, pasta, rice)

Question 3

What body parts work constantly to filter extra fluid and other things from your blood to make urine?

Answer: the kidneys

Bonus 3

Name a fluid that you can drink regularly to keep your kidneys healthy.

Answer: water or any beverage

Question 4

What body part controls your ability to think, speak, see, hear, remember things and feel stuff?

Answer: the brain

Bonus 4

Your brain runs mostly on glucose. Which one of the following fuels is quickly and easily broken down into glucose: carbohydrates, protein or fat?

Answer: carbohydrates

Question 5

What body parts send images to your brain so you can see?

Answer: the eyes

Bonus 5

Which two food groups from MyPyramid have foods with vitamin A?

Answer: the fruit group and the vegetable

Question 6

What body parts grind up your food into tiny pieces so that you can swallow it?

Answer: teeth

Bonus 6

Name two foods or habits (or one of each) that are really good for your teeth.

Foods: milk, yogurt, cheese, calcium-fortified cereal, juice or soy milk

Habits: brushing, flossing, not snacking all the time, seeing the dentist regularly

Question 7

What body parts contract so you can move your body?

Answer: muscles

Bonus 7

What fuel (carbohydrate, protein or fat) do muscles like the most?

Answer: carbohydrates

Question 8

What body part carries oxygen and nutrients to your cells and hauls away waste?

Answer: the blood

Bonus 8

Iron is a mineral that is really good for your blood. Name a food group from MyPyramid with foods that have iron.

Answer: Meat & Beans Group or Grains Group (many cereals and breads are fortified with iron)

Question 9

What body part forms a framework so you can stand up straight and tall?

Answer: the bones

Bonus 9

Name the mineral that is really good for bones and a food that has some in it.

Answer: The mineral is calcium. Milk, yogurt, cheese and calcium-fortified cereal, juice or soy milk contain calcium.

Question 10

What body part absorbs nutrients (like carbohydrates, protein, fat, vitamins and minerals) from food and makes solid waste from the rest that comes out when you go to the bathroom?

Answer: the intestines

Bonus 10

Your intestines need lots of _____ to stay healthy. You'll find it in foods like whole-wheat bread, fruits, vegetables, beans and popcorn. What is it?

Answer: fiber

Smart Snack Sheet

Snacks provide a great opportunity to reinforce the basic principles of healthy eating from MyPyramid and encourage youth to enjoy whole grains, fruits, vegetables and calcium-rich foods.

Pair up one or more of the snacks below with a beverage for the members to enjoy during the lesson. Check the Nutrition Facts label on packages for suggested serving sizes.

IMPORTANT! If member application forms are available, check to ensure none of the participants has food allergies. Also ask the members about food allergies before you serve the snack.

Fruits and Veggies

- Fresh fruit such as grapes, apples, bananas or oranges
- Dried fruit such as raisins, apricots or cranberries
- Apple sauce or fruit cups (in water or juice)
- Fruit canned in water or juice
- Bite-size or cut-up vegetables such as cherry tomatoes, baby carrots, broccoli and peppers

Combo Snacks

- Cheese (try reduced fat) and crackers (preferably whole grain)
- Cheese stick (reduced fat) and apples or pears
- Peanut butter, almond butter or soy nut butter on whole-wheat bread, mini-bagel halves or crackers (preferably whole grain)
- Hummus (chick pea dip) with pita bread triangles (preferably whole wheat) and an assortment of cut-up vegetables for dipping
- Bean dip and baked tortilla chips
- Salsa and baked tortilla chips
- An assortment of bite-size or cut-up vegetables with reduced-fat ranch dressing for dipping

Crunchy Munchies

- Ready-to-eat cereal (preferably whole grain)
- Peanuts, almonds or other nuts
- Trail mix
- Baked potato chips
- Sweet potato chips
- Pretzels
- Crackers (preferably whole grain or whole wheat)
- Microwave popcorn (light)

Sweet Treats

- Cereal bars or granola bars
- Fruit-flavored yogurt cups or tubes (preferably low fat or light varieties)

- Smoothie drinks
- Pudding cups
- Fruit bars
- Graham crackers
- Animal crackers
- Vanilla wafers

Things to Drink

- Water
- Milk (fat free or 1% low fat)
- Chocolate or other flavored milk (fat free or 1% low fat)
- 100% fruit juice (orange, apple, grape, grapefruit)
- Low-calorie or no-calorie soft drinks or sports drinks

Energizing Exercises List

As part of each lesson, lead the members in doing one or more of the following “energizing exercises” for at least a few minutes. Longer is even better!

Each time, review or quiz the members on the following facts about physical activity:

- Kids and teens need at least 60 minutes of physical activity every day. It’s OK to total up your 60 minutes in smaller chunks of at least 10 minutes throughout the day.
- Physical activity helps you feel great! It also helps you stay at a healthy weight and helps reduce your risk for health problems in the future.

Let’s get energized!

- Walk or jog in place or outside
- Put on some upbeat music and dance
- Kick a soccer ball
- Shoot baskets
- Jump rope
- Play tag
- Hold a relay race
- Play catch with a Frisbee® disc, softball or football
- Play a physically active game available at your location, such as volleyball
- Use exercise equipment available at your location
- Do an exercise video or DVD
- Do jumping jacks
- Do strengthening exercises such as hand presses, wall presses, push ups, pull ups and sit ups
- Do simple stretches such as shoulder rolls, torso twists, toe touches and reaching for the ceiling

Go to the Discovery Health Channel Web site for descriptions of eight simple stretches: <http://health.discovery.com/centers/nutritionfitness/fitness/articles/tips/stretch/stretch.html>

Program Participation Letter to Parents

(Please retype letter on your Club's letterhead; insert your local details where indicated by parentheses or blank lines.)

Dear Parent/Guardian:

The Boys & Girls Club of _____ is participating in Boys & Girls Clubs of America's Healthy Habits program, part of a national initiative called Triple Play: A Game Plan for the Mind, Body and Soul. Healthy Habits teaches young people about the benefits of eating right and being physically active. A Boys & Girls Club staff member or adult volunteer will conduct the program.

We hope you will allow your son or daughter to participate. Enclosed are the following items that should be reviewed and signed before the Club member participates in the program:

- a more detailed description of the Healthy Habits program, and
- a Parental Permission/Food Allergy Waiver Form that must be signed and returned to me by _____.

If you have any questions, please call me at _____.

Sincerely,

(Name)

(Title)

Healthy Habits Program Description

The Healthy Habits program is a part of Boys & Girls Clubs of America's comprehensive health initiative called Triple Play: A Game Plan for the Mind, Body and Soul. This dynamic Boys & Girls Club initiative demonstrates how eating right, keeping fit and forming positive relationships adds up to a healthy lifestyle for Club members.

Healthy Habits teaches young people how to understand nutrition and make better food choices. The program encourages members to participate in physical activities for the health of their growing bodies and the fun of staying fit.

By participating in Healthy Habits at the Boys & Girls Club, young people will:

- learn about the benefits of healthy habits such as eating right and being physically active;
- build skills to adopt healthier habits by participating in fun, engaging learning activities both at the Club and at home; and
- be encouraged to take small steps toward positive, lifelong behavior change.

The program features 10 lessons tailored for each of three age groups: 6 to 8, 9 to 12 and 13 to 18. Each lesson and activity will take about 30 minutes for the youngest age group and about 45 minutes for the older age groups. An adult Club staff person or volunteer conducts the sessions. Typically Club members meet once or twice a week for Healthy Habits sessions.

Participating youth will have the opportunity to prepare and eat snacks as part of the program, so it is critical for the Club staff to know of any existing food allergies and have a signed Parental Permission/Food Allergy Waiver Form on file for each participant.

Parental Permission/Food Allergy Waiver Form

(Note to Club Staff: All Club members participating in the Healthy Habits program must have a copy of this permission form **(which includes permission to provide medical care in the event of an injury)** signed by their parents or guardians on file at your Club. You should keep copies of the permission form with your youth membership records. Please retype the form on your Club's letterhead or place your Club's logo at the top of the form.)

_____ has my permission to participate in the Healthy Habits program.
(Name of Member)

_____ does not have any food allergies or sensitivities of which I am aware.
(Name of Member)

_____ does have food allergies or sensitivities, and they are
(Name of Member)
(please list specific details below):

In the event of a medical emergency, the Club staff has my permission to obtain appropriate medical care.

Print Name of Parent/Guardian

Signature of Parent/Guardian

Telephone Number with Area Code

Date

Sample Press Release

[Insert local Club logo]

FOR IMMEDIATE RELEASE

Contact: *[Insert contact name]*

Phone: *[Insert contact phone number]*

E-mail: *[Insert contact e-mail address]*

***[Your Club]* and BGCA Team Up to Bring Kids the Triple Play Program**

[INSERT CITY, STATE], [Insert Date] – As part of their ongoing commitment to promoting healthy lifestyles, The Coca-Cola Company and WellPoint Foundation have partnered with BGCA and *[insert local Club name]* to implement Triple Play: A Game Plan for the Mind, Body and Soul.

Triple Play is an after-school health and wellness program that empowers young people to make informed decisions about their mental, physical, and social well-being. “We are excited to bring the Triple Play experience to area Boys & Girls Club members,” said Quinton Martin, vice president community marketing, The Coca-Cola Company. “We, at The Coca-Cola Company, realize we all must take part in ensuring the well-being of our nation’s young people.”

The goal of Triple Play is to improve Club member’s knowledge of healthy habits, good nutrition and physical fitness; increase the number of hours per day they participate in physical activities; and strengthen their ability to interact positively with others and engage in healthy relationships. The program encompasses the following three components:

- **Mind** – Developing a knowledge base to acquire healthy habits, such as making smart food choices, understanding appropriate portion sizes, and creating fun and healthy meals.
- **Body** – Becoming more physically active through daily fitness exercises and fun, including activities to get kids active and moving.
- **Soul** – Strengthening character and reinforcing positive behavior with social recreation activities designed to improve confidence and develop interpersonal skills.

“The Triple Play program takes an integrated approach to teaching Club members how to make healthier choices,” said Lance Chrisman, executive director, WellPoint Foundation. “We are pleased to be part of an initiative that addresses all aspects of a person’s health and well-being.”

Triple Play is the largest health and wellness endeavor ever undertaken by BGCA, and the nutrition component of the program was developed in collaboration with the U.S. Department of Health & Human Services. The program currently is available to nearly 4,000 Boys & Girls Club locations across the United States and on domestic and international military bases.

-more-

"We are grateful to The Coca-Cola Company and WellPoint Foundation for their commitment to helping us teach Club members the importance of healthy habits and fighting the obesity epidemic that is affecting America's youth," said **[insert name of chief professional officer]**, **[insert title]** of **[insert local Club name]**. "Through this program, we can help Club members learn to eat right, keep fit and behave respectfully – all skills they can use throughout their lives."

About **[insert local Club name]**

[Insert local Club boilerplate information].

About The Coca-Cola Company

The Coca-Cola Company is the world's largest beverage company. Along with Coca-Cola, recognized as the world's most valuable brand, the company markets four of the world's top five soft drink brands, including Diet Coke, Fanta and Sprite, and a wide range of other beverages, including diet and light soft drinks, waters, juices and juice drinks, teas, coffees and sports drinks. Through the world's largest beverage distribution system, consumers in more than 200 countries enjoy the company's beverages at a rate exceeding 1 billion servings each day. For more information about The Coca-Cola Company, please visit www.coca-cola.com.

About the WellPoint Foundation

The WellPoint Foundation is the philanthropic arm of WellPoint, Inc. and through charitable contributions and programs, the Foundation promotes the inherent commitment of WellPoint, Inc. to enhance the health and well-being of individuals and families in communities that WellPoint, Inc. and its affiliated health plans serve. The Foundation focuses its funding on strategic initiatives that address and provide innovative solutions to health care challenges, as well as promoting the Healthy Generations Program, a multi-generational initiative that targets specific disease states and medical conditions. These disease states and medical conditions include: prenatal care in the first trimester, low birth weight babies, cardiac morbidity rates, long term activities that decrease obesity and increase physical activity, diabetes prevalence in adult populations, adult pneumococcal and influenza vaccinations and smoking cessation. The Foundation also coordinates the company's annual associate giving campaign and provides a 50 percent match of associates' campaign pledges. To learn more about the WellPoint Foundation, please visit www.wellpointfoundation.org.

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