

A Close Look at MyPyramid

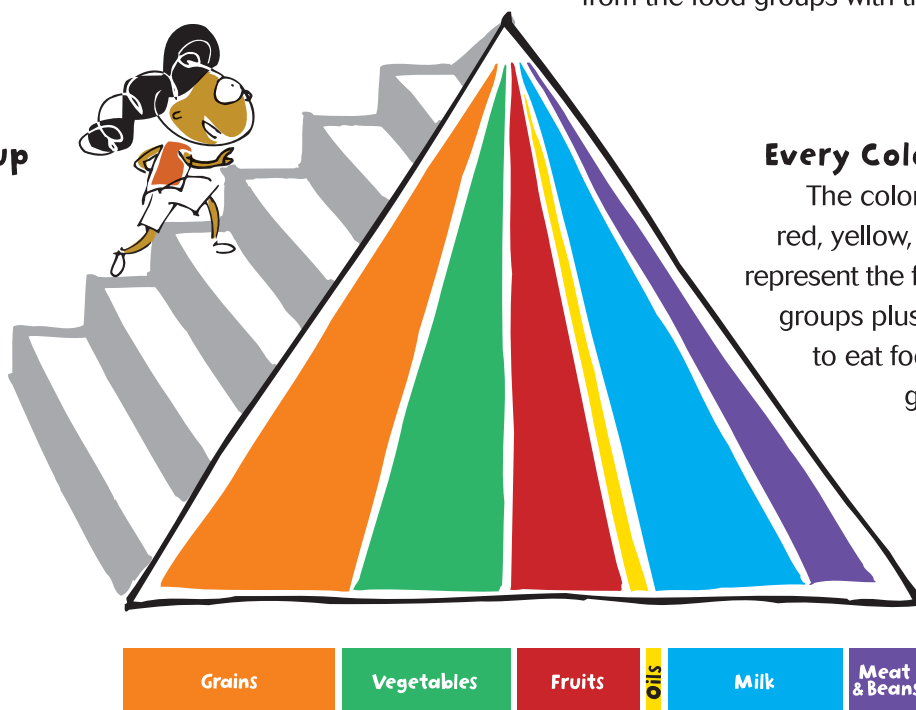
MyPyramid for Kids reminds you to be physically active every day, or most days, and to make healthy food choices. Every part of the new symbol has a message for you. Can you figure it out?

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.

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.



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.

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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Eating Well Together 5 Tips for Making Healthy Eating a Family Affair

by Jennifer Kerr, MS, RD, CDN

There are many things that parents can do to help children develop healthy eating habits. From purchasing healthy foods to planning family meals, you can make healthy eating a reality in your home.

Here are five tips to help you on your way:

1. Do not skip meals

Skipping meals will cause your child's metabolic rate to slow down and will most likely cause him or her to overeat later on. Skipping meals, particularly before or during the school day will certainly effect his/her academic performance.

2. Make a plan

By planning your family's meals, you are more likely to include all food groups. Without planning, you may find yourself in a situation in which you are very hungry with no easily available healthy food choices.

3. Allow your children to help

Include children when making some food decisions. For example, let him/her choose the vegetable or the type of salad dressing for the evening meal. Ask your child to choose which fruits you will buy at the Farmer's market—they can't go wrong, and they will feel good about being asked to make decisions for the family. This will get them interested in food and nutrition, and

feel like they have a valuable role in family decision-making. Children who are engaged in planning or preparing meals are more likely to eat healthy foods and are more willing to try new foods.

4. Eat a balanced diet, rich in plant foods

Plant foods include grains, vegetables, fruit, nuts, beans, lentils, seeds and oils, such as olive or canola oil. For children three to five years old, provide 1 cup of fruit, 1 cup of vegetables and 3 to 4 grain servings daily. Increase these quantities to 1½ to 2 cups of fruits and vegetables and 4 to 6 grain servings for children from the age of six until puberty. From there, at least 1½ cups of fruits, 2 cups of vegetables and 6 servings of grains should be consumed daily. The USDA Dietary Guidelines for Americans recommend that all Americans over the age of two vary their protein intake by eating more protein-rich plant foods (beans, lentils, nuts, seeds). Plant oils in your

diet should primarily come from healthy foods, including avocado, nuts, seeds, olives and nut butters. For specific food group recommendations based on age, gender and activity level, visit www.mypyramid.gov.

5. Provided healthy snacks

Children need to snack. Eliminate sugary snacks and processed foods from your child's everyday meals and snacks – They should be "occasional" foods. Instead, substitute snacks like nuts, seeds, fruit, peanut butter, vegetables, popcorn or high fiber cereal. Avoid giving children soda, and other sweetened drinks, as they contain empty calories and offer zero nutritional benefit. Children should be drinking water, fat-free or low-fat milk, 100% fruit or vegetable juice.

Sources:
MyPyramid.gov
<http://www.mypyramid.gov>



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Ingredients for Healthier Home-Cooked Meals

by Jennifer Kerr, MS, RD, CDN

There is nothing like a home-cooked meal! Among the many benefits to preparing meals and snacks at home, is the ability to control the quality of ingredients. Small changes in food choice can result in significant reductions to the calories, fat and sodium in your family meals.

Try the substitutions below to increase the health-factor of your home-cooked meals:

Instead of:	Substitute:
1 cup cream	1 cup evaporated fat-free milk
1 cup butter, margarine, or oil in baking	1/2 cup apple butter, applesauce, pureed pears, prune puree, yogurt, pureed cottage cheese
1 egg	2 egg whites or 1/4 cup egg substitute
Pastry dough	Graham cracker crumb crust
Butter, margarine, or vegetable oil for sautéing	Cooking spray, chicken broth, or a small amount of olive oil
Bacon	Lean turkey bacon or ham
Ground Beef	Extra lean ground beef or ground turkey breast
Sour Cream	Fat-free sour cream
1 cup chocolate chips	1/4 - 1/2 cup mini chocolate chips, or use raisins instead

Instead of:	Substitute:
1 cup sugar	3/4 cup sugar (this works with everything except yeast breads)
1 cup mayonnaise	1 cup reduced-fat or fat-free mayonnaise
1 cup whole milk	1 cup fat-free milk
1 cup cream cheese	1/2 cup ricotta cheese pureed with 1/2 cup fat-free cream cheese
Oil and vinegar dressing with 3 parts oil to 1 part vinegar	1 part olive oil + 1 part vinegar (preferably flavored vinegar, such as balsamic) + 1 part orange juice
1 oz. unsweetened baking chocolate	3 Tbsp. unsweetened cocoa powder + 1 Tbsp. vegetable oil or margarine
Bouillon	Low-sodium, low-fat broth, available canned, powdered, or base

Sources:
MyPyramid.gov
<http://www.mypyramid.gov>