

Healthy Lifestyles Training

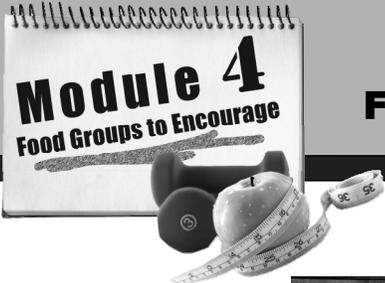
MODULE 4



Bountiful Eating



Presentation Script



Module 4
Food Groups to Encourage

Bountiful Eating

Food Groups to Encourage





cde
Colorado Department
of Public Health
and Environment

**Based upon the 2005
Dietary Guidelines for
Americans**

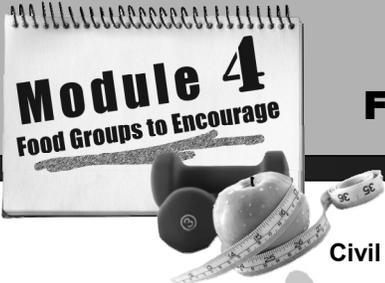


SAY:

According to the Oxford English Dictionary, **Bounty** means: *of good quality, worth, excellence, or virtue*. Wouldn't it be great to be able to describe the foods we choose to eat as being *bountiful*?

This training will focus on the types and quality of the foods we choose, their nutritional worth and the virtues of eating foods high in nutrient quality. We will:

- Learn about the benefits of choosing high quality foods.
- Become acquainted with tools that help us learn to eat more healthfully like MyPyramid and The DASH eating plan.
- We will examine the impact of how we present foods to children and how we can effectively encourage children to like and accept a variety of nutritious foods.



Module 4
Food Groups to Encourage

Bountiful Eating Food Groups to Encourage

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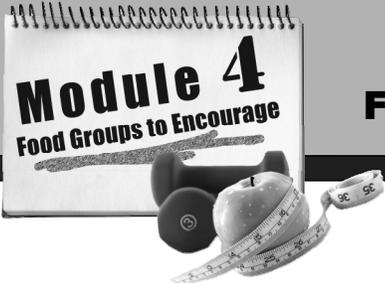
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The Secrets of Bountiful Eating

- Variety
- Making smart choices
- “Stacking the Deck” towards good health



SAY:

The so-called “secrets” of choosing foods that include high quality taste and nutrition are not all that secret or complicated—they just get lost in the barrage of other messages that people hear about nutrition and food everyday.

The keys to good nutrition are:

1. Eating a variety of healthy foods.
2. Making smart, thoughtful choices from the huge selection of foods available to us.
3. Surrounding ourselves at home and at work with foods that are high in quality and moderate in calories—foods like fruits, vegetables, whole grains and low fat milk products. By increasing the availability of these foods and decreasing high energy, low nutrient foods and beverages, we can “stack the deck” towards good nutrition and health.

More Variety = Quality Nutrition

- Consuming a variety of foods helps you get the nutrients you need.
- Eating a variety of foods from each of the food groups is excellent health insurance.

Did you know...



SAY:

More Variety = Better Nutrition

•***Did you know that***...increases in dietary variety result in increases in the nutrient quality of your diet? What this means is choosing to eat a greater variety of foods is the first step to better nutrition.

•As we mentioned before, there are many different nutrients and they come from different foods and food groups.

•Now, think about a typical day and what you might eat in that day. How many of you meet the recommendations to consume about 2 ½ cups of fruits and 2 cups of vegetables each day (for a 2000 calorie diet)? (*you may wish to have a handout on what meets these goals; see printable page http://www.5aday.gov/what/print_index.html).*

•If you meet this, how about sharing why you choose to do this?

•For those of you who don't, why do you think you don't always meet this recommendation?

When we ask individuals who have successfully increased the number of fruits and vegetables they eat each day, here is what they tell us:

• It takes a while to get used to the idea, but once you do, you miss eating this way if you have a day or two when you can't.

•After a while, you will like eating this way better. You will enjoy the crunchiness, the taste, and you will feel better—you will have more energy and feel lighter.

•An added bonus is that you feel less tempted to overeat the high calorie, low nutrient foods that typically come at the end of a meal or between meals because you get to eat more food when you eat fruits and vegetables for the same number of calories.

- And last, it turns out that the “comfort food” that we eat when we feel stressed out or unhappy really isn’t much comfort in the long run. BUT when eating well and exercising regularly we feel better about ourselves. We see the progress we are making, we are more confident and know we will feel better if we make smart eating choices.
- Making smart choices adds to our confidence and that’s better than feeling unsuccessful or frustrated.

The following will not be read but will serve as reference material:

Elmadfa I, Freisling H. Fat intake, diet variety and health promotion. *Forum Nutr.* 2005;57:1-10.

Fat intake, diet variety and health promotion.

Different epidemiological studies indicated that the optimization of diet and nutrition combined with healthy life style can decrease the risk and even lead to amelioration of various noncommunicable diseases. Promising food-based dietary guidelines have been recommended in order to improve the nutritional and health status. One of the most popular recommendations is related to the amount (less fat and fat-rich foods) and type of the dietary fat component (less saturated, more polyunsaturated fatty acids, lower n-6:n-3 ratio). An overview on the nutrient intake among different age groups in Austria shows that the general consumption of some food groups--especially those rich in carbohydrates--is too low and that the intake of fat is far beyond the recommended amount of 30% of total energy (E%). The results of the 24-hour recall made among Austrian adults (n = 2,585) showed that about 18% of this population group had a fat intake of 30-35 E%, whereas 60% had an intake higher than 35 E%. Only 24% of the female and male adults had a fat intake lower than 30 E%. A result of this high proportion of fat--in the form of foods rich in fat--in the average total energy consumption is a too low intake of carbohydrates, and foods rich in carbohydrates, respectively. An increasing fat intake is associated with an increasing intake of some nutrients such as vitamin A, E, calcium and zinc, but a decreasing intake of other nutrients like vitamin C, folate, carotenoids and others. The diversity of foods consumed during a day increases with decreasing amount of fat in the diet of adults. People with a high amount of fat in their daily diet show a lower intake of vegetables and fruit, cereal products, carotenoids, folates and dietary fibers, but a higher intake of meat and meat products, milk and milk products, sweets and flummeries as well as saturated fatty acids (SFA) and cholesterol. Of course, a higher variety of food items in the daily diet should not be associated with a higher energy intake. Thus, foods with a high nutrient density (vegetables, fruits, low-fat milk products, whole grain cereals, legumes etc.) are recommended. Finally, it has to be annotated that a high diversity in the daily diet with reduced fat and SFA intake allows a sufficient nutrient intake and is an important approach for health promotion.

Bernstein MA, Tucker KL, Ryan ND, O'Neill EF, Clements KM, Nelson ME, Evans WJ, Fiatarone Singh MA. Higher dietary variety is associated with better nutritional status in frail elderly people. *J Am Diet Assoc.* 2002;102(8):1096-1104.

OBJECTIVE: A narrow range of food choices may lead to dietary inadequacies, a particular concern in elderly people. We hypothesized that consumption of a more diverse diet would predict better nutritional status in frail elderly persons. **SUBJECTS:** Subjects included 98 frail nursing home residents (36 men, 62 women), mean age 87.1+/-5.5 (72 to 98) years. **METHODS:** 3-day dietary variety scores ranging from 23 to 48 and fruit and vegetable variety scores ranging from 5 to 20 were calculated from weighed 3-day food records as the number of different food or fruit and vegetable choices consumed. A higher score indicates a more varied diet. Nutritional status was assessed by weight, height, body mass index (BMI), skinfold thickness, circumference measures, calculated mean arm muscle area, total body water, computerized tomography of the thigh, and total body potassium, as well as nutritional analysis, biochemical measures, and subject medical history. **STATISTICAL METHODS:** Univariate regression analyses were performed to investigate the relationship between clinical and nutrition variables. Multiple linear regressions were used to develop models relating dietary variety scores to possible etiologic factors as well as indicators of nutritional status. Models were controlled for age, BMI, and energy intake when appropriate. **RESULTS:** Mean dietary variety score was 35.2+/-4.5, and mean fruit and vegetable variety score was 11.3+/-3.0. Higher dietary variety score was associated with higher energy intake (beta = 20.5, P < .001) and both high dietary variety score and fruit and vegetable variety score were positively associated with intake for many nutrients (P < or = .05). High dietary variety score was related to high fruit and vegetable variety score and total intake of fruits and vegetables. In men, higher dietary variety score and fruit and vegetable variety score were associated with higher high-density lipoprotein (beta = 1.02), lower very-low-density lipoprotein (beta = -3.58) and triglycerol (beta = -3.51), and higher blood folate (beta = 4.72) concentrations in women (P < or = .05). In women, high dietary variety score was associated with higher BMI (beta = 0.34, P < .001) and higher total body potassium (beta = 1.30, P = .02); high fruit and vegetable variety score was associated with higher BMI (beta = 0.41), mid-arm circumference (beta = 0.34), and mid-arm muscle area (beta = 2.94) (P < or = .03). Dietary variety score was higher (mean 37.6+/-5.38 vs 34.6+/-4.14) in those who received assistance with feeding (beta = 2.67, P = .01). History of cancer (beta = -2.04) and gastrointestinal cancer (beta = -3.54) were associated with low dietary variety score (P < or = .05). **CONCLUSIONS:** The results of this study suggest that a highly varied diet in elderly nursing home residents is associated with better nutritional status as assessed by nutrient intake, biochemical measures, and body composition measures. Dietary variety score is a straightforward tool for screening and identifying people at nutritional risk, as well as a mechanism for monitoring response to nutritional, medical, and environmental interventions. Preventive measures to improve dietary variety, as measured by the dietary variety score, should be evaluated and introduced before nutrition and health complications arise.

The Benefits of Bounty

- Reduced risk for:
 - cardiovascular disease
 - some cancers
 - diabetes
 - diverticulitis & hemorrhoids
 - cataracts
- Eating well can mean feeling better and less medical expense.



SAY:

We've talked about the carrot—feeling better physically and feeling less stressed. Now let's talk about what you can avoid by making smart lifestyle choices.

Choosing to eat more healthfully helps to reduce our risk for certain diseases. (See research below and also weblink http://www.5aday.org/pdfs/research/health_benefits.pdf)

•Cardiovascular disease includes events like heart attacks and strokes. Research suggests that people who eat fewer fruits, vegetables and whole grains have a 5-11% greater risk of stroke and up to a 15% increase in risk for cardiovascular disease.

•Lung, breast, mouth & throat, stomach, colorectal, cervical and ovarian cancers are also likely to be related to low fruit and vegetable consumption.

•Diabetes, *which is (one of) the fastest growing diseases of our times*, can be managed in part by decreasing calorie intake and increasing fiber consumption from fruits, vegetables and grains. Women who consumed 5 servings or more of fruits and vegetables per day had a 39% reduced risk of having diabetes (2001).

•Diverticulitis is an inflammation of the large intestine (colon) that is partly related to a person's genes but is also related to their eating habits; specifically to low fiber consumption. Increasing fruit, vegetable and whole grain consumption is part of the management of diverticulitis and high fiber diets are known to provide the best defense against the development of diverticulitis.

•Overall bowel health is also improved by consumption of fruit, vegetables, whole grains and fermented low fat dairy products like yogurt and kefir. One of the most commonly presenting problems for children is constipation and this is often caused by low fiber intake. The same can be said for adults.

- Cataracts are one of the world's leading causes of blindness and are most common in the elderly. 5% of individuals in the US older than 65 will have cataracts and 40% of those older than 75 will have cataracts. Substantial evidence suggests that consuming a diet high in antioxidants that come from fruits and vegetables is associated with delayed development of cataracts. Estimates suggest that over half of the medical costs associated with cataracts would be eliminated if cataract development were delayed for 10 years.

So, why change our eating habits to be healthier? You can choose the carrot—feeling better, and being healthier—or you can pay attention to the stick—all of those negative consequences of eating less healthfully.

The point is to choose to make a change.

We've talked about how increasing the variety of foods that we eat can have a positive impact on our overall nutrition and health.

- We must be careful though, because it's not just any kind of variety that makes the difference. Research also shows that the more variety people consume the more calories they tend to consume.
- It turns out that "smart" variety is what counts.

The following will not be read but will serve as reference material:

Dauchet L, Amouyel P, Dallongeville J. Fruit and vegetable consumption and risk of stroke. A meta-analysis of cohort studies. *Neurology*. 2005;65:1193-1197.

Background: Fruit and vegetable consumption is associated with lower rates of coronary heart disease. Results from observational studies suggest a similar association with stroke.

Objective: To assess the evidence from prospective observational studies on fruit and vegetable intake and risk of stroke.

Methods: A meta-analysis of prospective studies was conducted to examine the association between fruit and vegetable intake and stroke. Studies were selected if they reported relative risk (RR) and 95% CI for any type of stroke and used a validated questionnaire for food intake assessment. Pooled RR were calculated and linearity of the associations was examined.

Results: Seven studies were eligible for the meta-analysis, including 90,513 men, 141,536 women, and 2,955 strokes. The risk of stroke was decreased by 11% (RR 95% CI: 0.89 [0.85 to 0.93]) for each additional portion per day of fruit, by 5% (RR: 0.95 [0.92 to 0.97]) for fruit and vegetables, and by 3% (RR: 0.97 [0.92 to 1.02]; NS) for vegetables. The association between fruit or fruit and vegetables and stroke was linear, suggesting a dose-response relationship.

Conclusions: This meta-analysis of cohort studies suggests that fruit and fruit and vegetable consumption decreases the risk of stroke.

Bazzano, L. Fruit and vegetable intake and risk of cardiovascular disease in US adults: the first National Health and Nutrition Examination Survey Epidemiologic Follow-up Study. *Am J Clin Nutr*. 2002;76:93-99.

Rimm, Eric B. Fruit and vegetables--building a solid foundation. *Am J Clin Nutr*. 2002;76:1-2.

Consumption of nutrients that are abundant in fruits and vegetables--such as antioxidants and folic acid--has been linked to a lower incidence of cardiovascular disease (CVD). However, long-term studies focusing on whole-food consumption, as opposed to single micronutrients, are useful because they demonstrate the prolonged and cumulative benefits of a healthy diet. Publishing in the American Journal of Clinical Nutrition, Bazzano et al. examined the relationship between fruit and vegetable consumption and the risk of CVD and stroke in a large group of subjects over a period of roughly 2 decades. They found that stroke incidence and mortality, as well as mortality from ischemic heart disease and CVD, were all significantly reduced in those who consumed at least 3 servings of fruits and vegetables per day. The research, part of the first National Health and Nutrition Examination Survey (NHANES I), involved prolonged follow-up of 9608 adults ages 25-74 who were randomly distributed by sex, race, and sociological group. All subjects were free of CVD at the study's inception between 1971-1975, and follow-up data on dietary intake, disease and mortality were collected in 1982-84, 1986, 1987, and 1992. In determining average daily servings of fruit and vegetables, the researchers used both a 3-month food frequency questionnaire detailing the subjects' usual consumption and a 24-hour dietary recall record. Those who had consumed at least 3 servings

per day of fruits and vegetables had a 27% lower incidence of stroke and 42% lower stroke mortality rate among all subjects, and risk of death from ischemic heart disease and CVD was reduced by 24% and 27%, respectively. Men appeared to benefit more than women and whites more than nonwhites from frequent fruit and vegetable consumption with a few exceptions, such as a 53% reduction in stroke mortality for women versus a 23% reduction for men. A 15% reduction in risk from death for all causes was related to the frequent association of fruit and vegetable consumption with other healthy habits such as regular exercise, refraining from smoking, and having a low dietary intake of cholesterol and saturated fat.

An accompanying editorial by Rimm emphasizes that the true benefits of fruit and vegetable consumption may be even higher than those found in the NHANES I Study, which designated only "low" (<1 serving/day) or "moderate" (at least 3 servings/day) intake of fruits and vegetables. Recent advances in the development of eating pattern scores may translate more readily into complete dietary guidelines for the public that could maximize the CVD-preventative potential of a healthy diet.

More fruit could mean less asthma in adults

By Stephen Daniells

News Archives

17/05/2006 - **People with an antioxidant-rich diet could reduce their risk of developing asthma in adulthood, say Cambridge researchers - adding to a growing body of science on the subject.**

Patel BD, Welch AA, Bingham SA, Luben RN, Day NE, Khaw K-T, Lomas DA, Wareham NJ. Dietary antioxidants and asthma in adults. *Thorax*. 2006;61:388-393.

"We have found symptomatic asthma in adults to be associated with a low intake of the dietary antioxidants vitamin C and manganese. The low intake of vitamin C appears to primarily associated with a diet deficient in fruit," wrote corresponding author Dr. Nick Wareham.

This study appears to support a growing body of science that has linked antioxidant intake, particularly vitamins C and E, to the incidence of asthma, a condition on the rise in the Western world and the most common long-term condition in the UK today. And, according to the charity Asthma UK, it affects over four million adults and over a million children.

According to the European Federation of Allergy and Airway Diseases Patients Association (EFA), over 30m Europeans suffer from asthma, costing Europe €17.7bn every year. The cost due to lost productivity is estimated to be around €9.8bn.

The new study, published in the journal *Thorax* (Vol. 61, pp. 388-393), used a nested case-control design to investigate a potential relationship between fruit and vegetable intake, and corresponding antioxidant intake, and the incidence of both diagnosed and symptomatic asthma for 515 cases and 515 controls with average age 32.

The researchers used registrants in the European Prospective Investigation of Cancer (EPIC)-Norfolk cohort and assigned them as either cases or controls depending on results from a health and lifestyle questionnaire (HLQ). Dietary data was obtained using seven day food diaries.

Dr. Wareham and his colleagues found that dietary intake of vitamin C and manganese were inversely and independently linked to symptomatic asthma, with a 12 per cent reduction in incidence with increasing vitamin C intake, and a 15 per cent reduction in incidence with increasing manganese intake. The researchers divided intakes into five groups (quintiles) ranging from low to high intake, but no quantification of each cut-off point is made.

For diagnosed asthma, only manganese has an effect on the incidence of the condition. Increasing intake of manganese, as a per quintile measure, was associated with a 14 per cent reduction in the risk of diagnosed asthma.

When the researchers looked at the incidence and associated risks of both symptomatic and diagnosed asthma in terms of fruit and vegetable consumption, and particular types of each, it was reported that moderate consumption (between 0.7 and 46.2 grams per day) of citrus fruits decreased the risk of asthma by 12 per cent. High consumption (46.3 grams per day or more) decreased the risk by 41 per cent.

Apples consumption also reported a significant effect on the risk of asthma, both symptomatic and diagnosed, with high consumption (48.1 grams per day or more) associated with a 32 per cent reduction in risk.

“Our observations are consistent with previous reports of an inverse association between dietary fruit and dietary vitamin C and respiratory symptoms,” said the researchers.

The mechanism behind the protective effects of vitamin C and manganese appears to be due to their antioxidant nature, with manganese in particular playing a key role in the enzyme superoxide dismutase. Reduced levels of this enzyme have been reported in the lungs and blood of asthma sufferers.

A major strength of this study, argue the researchers, is the comprehensive nature of the dietary data, allowing them to confidently make the link between manganese and vitamin C intake and reduced risk of asthma.

There are several limitations however, as there are with all observational studies. The most notable being that cases may have altered their diets because of their asthma, although possible errors from this are reduced by the fact that only 22 cases reported such a change. There also exists the possibility that other, unaccountable confounders, may have affected the results.

The study does appear to add to a growing body of evidence linking increased antioxidant intake to a reduced risk of asthma. Indeed, a spokesperson for British charity Asthma UK told NutraIngredients.com: “Fresh fruit and vegetables are a good source of anti-oxidants and the results of several studies suggest that a diet high in anti-oxidants may protect against asthma and some other lung diseases. This research has looked at whether people with a low intake of fruit and antioxidants such as vitamin C have a higher risk of asthma. Further research is necessary before the link between diet and asthma is fully understood.”

How Much is Enough?

- Depends on total calorie intake
- For 2000 calorie intake:
 - 4½ cups fruits & vegetables
 - At least 3 oz equivalents of whole grains
 - 3 cups of milk or milk products



SAY:

These numbers reflect the recommendations for the amounts of the fruit, vegetables, whole grains and milk products that a person should consume if they had a calorie need of 2000 calories. If your calorie needs are lower than 2000 calories, the recommendations stay the same for fruits, vegetables and whole grains. However, your milk product consumption may decrease some and your total grain (whole grains + refined grains), meat/bean consumption and calories from fat are lower to keep your intake lower and in balance with your energy expenditure.

Go For Color

More colors of fruits and vegetables means better nutrient intake.



SAY:

An easy way to increase the variety of your diet is to “Go for Color.” What will color on your plate or in your cup do for you?

- Color makes food look more appealing. Part of how restaurants and great chefs think about the presentation of food is according to the color on the plate. If food is more visually appealing, it adds to the pleasure of eating.
- Color tastes great! Think about oranges and green beans; broccoli and tomatoes; strawberries and mangos.

Go Green, Orange, Red & Yellow!

- Consuming dark green and orange vegetables provides vitamins and minerals.
- Many beautiful and nutritious fruits and vegetables are yellow and red.



SAY:

Not only are the Dietary Guidelines encouraging more variety, they also emphasize variety among the different groups of vegetables. Each group of vegetables contributes a unique nutrient profile and a weekly recommendation from 5 vegetable subgroups has been identified. You can choose from fresh, frozen, and canned fruits and vegetables. Be sure to keep added butter and salt to a minimum to provide the healthiest nutrition. Different vegetables are rich in different nutrients so be sure to select from all 5 vegetable subgroups several times a week.

The 5 subgroups include dark green and orange vegetables that you see here.

Don't Forget Legumes!

- Chickpeas
- Pinto beans
- Kidney beans
- Black beans
- Garbanzo beans
- Soybeans
- Split peas
- Lentils



Legumes can fit in the Meat and Beans group of MyPyramid. Only count them once though!

Source: Maryland Cooperative Extension, University of Maryland.



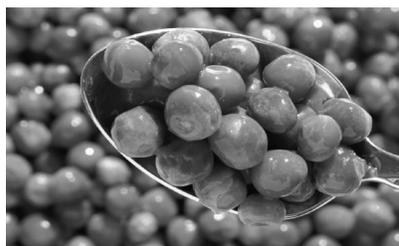
SAY:

Legumes are one of the vegetable subgroups. These include all the examples you see listed here on the slide. Legumes can fit into the Meats/Beans group of MyPyramid too. BUT, if you count legumes as a vegetable, you can't count it as a Meat/Bean serving too.

Starchy Vegetables



- White potatoes
- Corn
- Green peas



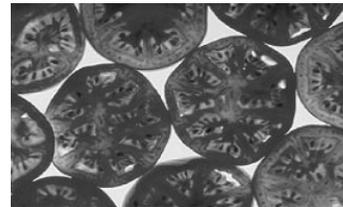
Source: Maryland Cooperative Extension, University of Maryland.

SAY:

Another of the subgroups is starchy vegetables which are favorites among Americans. While these are counted as vegetables, they are digested and absorbed by the body more like starches (breads, pasta, etc.). They contribute important nutrients but should not overly contribute to the vegetables that we consume. There is a lot of room for variety in the vegetable group.

Other Vegetables

- Tomatoes
- Cabbage
- Celery
- Cucumber
- Lettuce
- Onions
- Peppers
- Green beans
- Cauliflower
- Mushrooms
- Summer squash

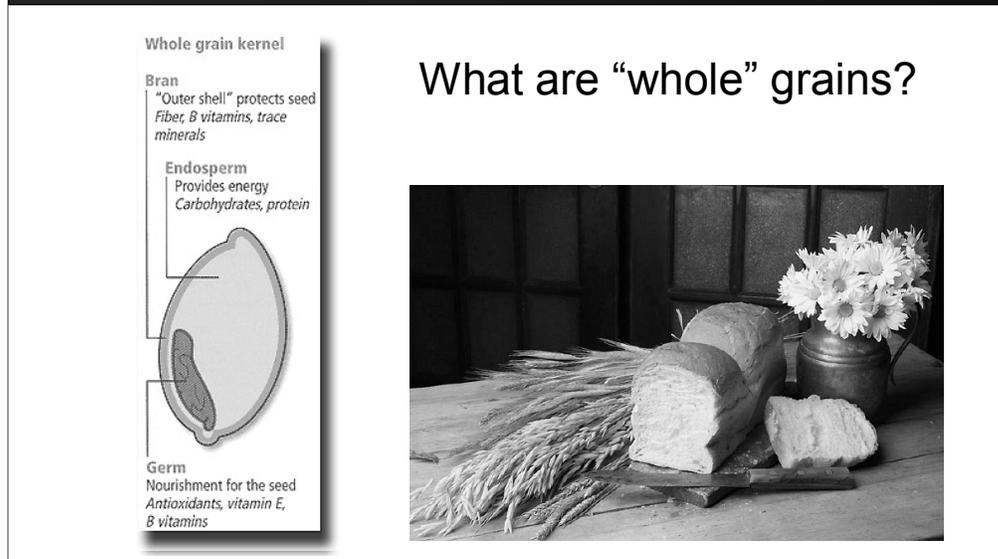


Source: Maryland Cooperative Extension, University of Maryland.

SAY:

The 5th subgroup of “other” vegetables includes those that you see listed here. These vegetables contribute fiber to our diets and nutrients that are important for vision. They also contain a number of nutrients thought to help prevent certain cancers.

Make ½ Your Grains Whole!



What are “whole” grains?

SAY:

What are Whole Grains?

In the fields, whole grains are the entire seed of a plant. This seed (which industry calls a "kernel") is made up of three key parts: the bran, the germ, and the endosperm.

The **bran** is the tough outer skin of the kernel. It contains important antioxidants, B vitamins and fiber. The **germ** is the embryo which, if fertilized by pollen, will sprout into a new plant. It contains many B vitamins, some protein, minerals, and healthy fats.

The **endosperm** is the germ's food supply, which provides essential energy to the young plant so it can send roots down for water and nutrients, and send sprouts up for sun. The endosperm is the largest portion of the kernel. It contains starchy carbohydrates, proteins and small amounts of vitamins and minerals.

Whole grains, or foods made from them, contain all the essential parts and naturally-occurring nutrients of the entire grain seed. If the grain has been processed (e.g., cracked, crushed, rolled, extruded, and/or cooked) it will lose about 25% of its protein, along with at least seventeen key nutrients.

If the seed or kernel has been cracked, crushed, or flaked, it must retain nearly the same relative proportions of bran, germ, and endosperm as the original grain and should deliver approximately the same rich balance of nutrients that are found in the original grain to “count” as a whole grain.

To qualify for the FDA health claim, a whole grain food must contain 51% or more whole grain ingredients by weight **and** be low in fat and cholesterol.

Whole grains currently make up about 10-15 percent of grains on supermarket shelves. This can result in a challenge for consumers to find these whole grains in all of the refined grain products. Adapted from: *What is a Whole Grain?* Available at <http://www.wholegrainscouncil.org/whole-grains-101/what-is-a-whole-grain>. Whole Grains Council.

Get Your Grains!

- Eat at least 3 ounce-equivalents of whole grain products each day.
- Half of your total grains should come from whole grains.



SAY:

The recommendations for the grain group are made up of 3 parts:

- 1) Eat at least 3 ounce-equivalents of whole grain products each day.
- 2) Consume 6 ounce-equivalents of grain products if you consume a 2000 calorie diet. Of course, the amount for this recommendation changes according to how many calories you need in one day.
- 3) The third part of the recommendation is one you've already heard: "Make $\frac{1}{2}$ your grains whole." Doing the math, if you eat 6 oz. equivalents each day, 3 oz. equivalents should be from whole grains.

Now for a little definition to make things easier. How much is an ounce? About:

- 1 slice of bread
- 1 cup of cereal
- 1/2 cup cooked rice, cereal, pasta, or couscous
- 1 small tortilla
- 1 pancake or waffle
- 1/2 pita
- 3 cups popped popcorn

What = 1 Serving of Whole Grains?

- Any food containing 16 grams of whole grain.



- Look for these stamps on products.

SAY:

The USDA defines a whole grain serving as any food containing 16 grams of whole grain. 16 grams is just a little more than half an ounce – so three servings (48 grams) of whole grain translates into big health benefits!

But wait! The Guidelines say "eat three ounce-equivalents" of whole grains. An ounce is just over 28 grams. So which one is a serving -- 16 grams or 28 grams?

The Guidelines call an ounce a serving because an ounce of bread or cereal made totally with whole grains contains, on average, 16 grams of whole grains – with the other 12 grams being water, sugar, fat and other ingredients.

Before they made the **Whole Grain Stamp**, it was impossible to identify foods containing 16 grams of whole grains, so the Dietary Guidelines advised us to eat about an ounce of a food containing whole grains, to get about a serving of whole grain.

With the increased use of the Whole Grain Stamp, you can get your recommended three servings of whole grain each day, simply by eating three foods with the 100% Stamp, or six foods with any Whole Grain Stamp.

The Stamps feature a stylized sheaf of grain on a golden-yellow background with a bold black border. Their design makes the Whole Grain Stamp easy to spot on food packages.

While the graphics above illustrate the minimum whole grain content for qualifying products, actual Stamps show a DIFFERENT number on each product, reflecting the actual whole grain content of specific foods.

What About Products Without The Whole Grain Stamp?

Words you may see on packages	What they mean
<ul style="list-style-type: none"> •Whole grain •Whole wheat (or other grain) •Stone ground whole (grain) •Brown rice 	Contains all parts of the grain
<ul style="list-style-type: none"> •Wheat flour •Semolina •Durum wheat •Organic flour •Multigrain 	May contain whole grain

SAY:

First, check the package label. Many whole grain products not yet using the Stamp will list the grams of whole grain somewhere on the package, or say something like "100% whole wheat." You can trust these statements. But be skeptical if you see the words "whole grain" without more details, such as "crackers made with whole grain." The product may contain only miniscule amounts of whole grains.

Other words you may see on packages include:

- enriched flour
- degerminated (on corn meal)
- bran
- wheat germ

These words never describe whole grains.

So look for the word "**whole**" and follow the other advice we are discussing.

Second, check the list of ingredients. If the first ingredient listed contains the word "whole" (such as "whole wheat flour" or "whole oats"), it is likely -- but not guaranteed -- that the product is predominantly whole grain. If there are two grain ingredients and only the second ingredient listed is a whole grain, the product may contain as little as 1% (in other words, it could contain very little whole grain).

The last word: Don't be fooled by the color of the food; products can be "tan" because they have food coloring or molasses added to them.

Whole Grains Commonly Consumed in the U.S.

- Barley
- Brown rice
- Buckwheat
- Bulgur
- Millet
- Oatmeal & whole oats
- Popcorn
- Sorghum
- Spelt
- Whole wheat, corn & rye
- Whole-grain pasta
- Wild rice



SAY:

The whole grains that are most commonly consumed by Americans include those listed here. Again, there is quite a variety to choose from, and deciding to consume more whole grains does not mean giving up good taste or pleasure in eating.

Benefits of Whole Grains

- Reduced Risk For:
 - Coronary heart disease
 - Type 2 diabetes
 - Colon cancer
 - Diverticulitis
 - Obesity



Source: *Cracked Wheat Cereal*. Available at <http://www.wheatfoods.org/Cracked-Wheat-Cereal.53.1.htm>. Copyright© 2008 by The Wheat Foods Council. All rights reserved. Used with permission.

SAY:

What are the Benefits of Whole Grains?

Fruits and vegetables contain disease-fighting phytochemicals and antioxidants, and so do whole grains. Whole grains have some valuable antioxidants not found in fruits and vegetables, and they are a rich source of B vitamins, vitamin E, magnesium, iron and fiber.

Medical evidence suggests that whole grains reduce risks of heart disease, stroke, cancer, diabetes and obesity.

People who eat whole grains regularly also have lower cholesterol levels.

Eating three daily servings of whole grains has been shown to reduce the risk of:

- heart disease by 25-36%,
- stroke by 37%,
- Type II diabetes by 21-27%,
- digestive system cancers by 21-43%,
- and hormone-related cancers by 10-40%.

Low Fat Dairy Products are Smart for Bone Health

- Choose low fat dairy products for bone and heart health.
- Consuming low fat dairy aids weight loss.



SAY:

Choosing low fat dairy products everyday improves our health by helping us maintain strong bones. Getting adequate amounts of calcium by consuming dairy products is also linked to decreases in blood pressure (if you have high blood pressure) as revealed by the DASH diet studies, or the Diet Approaches to Stop Hypertension clinical trials.

To get the best effect, consume 2-3 cups low fat milk (1% or skim) or yogurt , 3-5 oz of low fat cheese or some combination of the two. While calcium can also be found in some vegetables, it is good to realize that calcium from fruits and vegetables is not digested and absorbed as well as that from dairy products. Can you get calcium from fruits and vegetables? Sure. It does take quite a bit more of it than from dairy.

Be advised that the higher the fat content of the dairy product, the bigger the tradeoff in consuming it. In order to meet your needs within your calorie limits, it's easier and smarter to choose low fat dairy products. If you consume low fat dairy, the latest research suggests that it can assist you in weight loss (read more about it at <http://www.nationaldairycouncil.org/nationaldairycouncil/healthyweight/science>).

Other Sources of Calcium

- Yogurt, lactose-free milk, some cheeses or lactase enzyme for those with lactose intolerance.
- Non-dairy eaters can choose fortified cereals & juice, & soy foods.



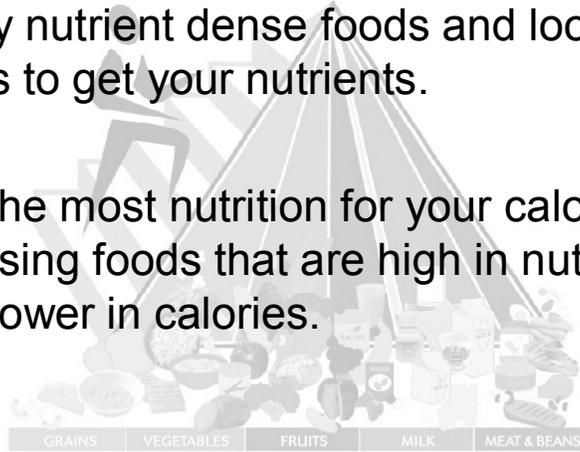
SAY:

Individuals who have difficulty consuming foods with lactose can choose lactose free products and can usually consume cheeses that are aged more than 90 days. The lactose in these products has been degraded and this makes them consumable for individuals with lactose intolerance. People can also take lactase enzyme with milk products to make them consumable.

For those who choose not to eat dairy, fortified cereals and juices as well as soy products and some other foods (like fish with bones, broccoli and almonds) can supply calcium to the diet. Please note that calcium from vegetable and grain sources is not absorbed as efficiently as that from milk products and requires consuming very large quantities of these foods to supply adequate calcium in the diet. For example, you would have to eat 24 cups of broccoli or 8 cups of almonds to try to meet calcium requirements. This isn't very realistic on a daily basis.

Make Smart Choices

- Enjoy nutrient dense foods and look to foods to get your nutrients.
- Get the most nutrition for your calories by choosing foods that are high in nutrients and lower in calories.



SAY:

A food is “nutrient dense” if it provides many nutrients—vitamins, minerals and fiber—for the number of calories that it contributes to your daily energy intake. When you eat a wide variety of fruits, vegetables, whole grains and dairy products you will have less need to consume dietary supplements and your diet will tend to be lower in calories.

So how can you increase the amount of food that you are eating and still consume fewer calories? It's all in the foods you choose. Fruits, vegetables, whole grains and low fat milk products, if simply prepared, are lower in fat, sugar and calories than many processed foods.

Make Smart Choices

- Be conscious of the nutrient-density of beverages
- Focus on fruits & vegetables at meals & snacks.
- Snacks “count” in smart nutrition.
- Ask for fruit and vegetable substitutions when dining out.



SAY:

Try choosing beverages like low fat dairy that have little added sugars. Limit juices to one serving a day of 100% fruit juice—that way you'll get your vitamin requirements but miss the extra calories. Choose water or other low calorie beverages for in between meals.

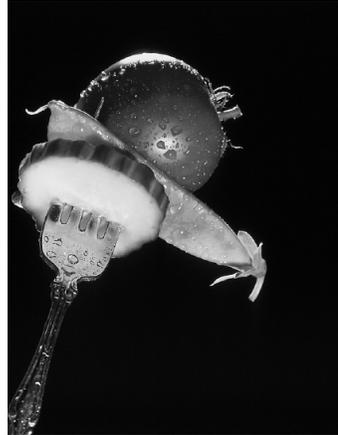
As we mentioned earlier, increasing the fruit and vegetable content of your diet helps with calorie control, getting enough fiber and helps reduce your risk for a number of chronic diseases like cancer, diabetes and diverticulitis.

Some people do not realize how much snacks “count” for their nutrition. Sometimes it's the calories from snacks that are really adding up and many times those snacks don't have much in the way of nutrients. Snacks tend to be fast, convenient, pleasure-filled AND high in calories, fat and added sugars. One strategy is to start buying nutrient-filled snacks like fruit, vegetables and low fat dairy (yogurt, cheese, milk) to get the most nutrition out of your snacks.

When offered large portions of calorie dense foods like fries, ask for a salad or some other kind of vegetable. Just because it's not on the menu doesn't mean that the restaurant doesn't have it. Restaurants want to please us so never be afraid to ask them to make a change—ask for different foods and ask for “lite” versions of old standards like steamed vegetables instead of fried. They should be thrilled to give you what you want. If they aren't, find a new favorite restaurant!

Stack the Deck

- Keep a variety of fruits, vegetables & healthy snacks at home and at work.
- Bring your lunch.
- Choose restaurants with healthy options.



SAY:

Part of eating healthfully is making sure that healthy choices are available when you are hungry and it's time to eat. To "stack the deck" towards good nutrition, make sure that you have fruits and vegetables available for meals and snacks. Try doing this both at home and at work—as we talked about earlier, snacks are good opportunities to change our overall diets for the better.

Try bringing your lunch as many days of the week as you can. This allows you to plan for healthy meals that you like rather than relying on what may be available in restaurants, convenience stores or in vending machines.

When you dine out, choose venues that allow you to choose the food you want the way you would like it prepared. AND, when in fast food restaurants, look for the healthier options that include fruits and vegetables and pay attention to portion sizes in what you choose.

Encouraging Tools

- Add DASH to your diet.
- Focus on fruits, vegetables, low fat dairy, grains, nuts & seeds, lean cuts of protein, heart-healthy fats & oils, and nutrient-dense snacks.
- <http://www.nhlbi.nih.gov/health/public/heart/hbp/dash/index.htm>



- OR, find your personal balance at www.MyPyramid.gov

SAY:

There are two plans, based upon research and underwritten by the government, to help us get balance and good nutrition back into our lives.

The Dash Plan, or the Dietary Approaches to Stop Hypertension, has 20 years of research behind it that has resulted in a book, complete with tips and recipes, to help you put it into action. The book can be bought from www.amazon.com or from the publisher, Transitions Nutrition Consulting, The DASH Diet Action Plan. Or you can download a free 56-page guide on the DASH diet from the National Heart, Lung, and Blood Institute at <http://www.nhlbi.nih.gov/health/public/heart/hbp/dash/index.htm>.

To implement the DASH Plan you must think about food in groups: fruits, vegetables, low fat dairy, grains, nuts and seeds, lean cuts of meat & poultry, heart-healthy fats and oils, and nutrient-dense snacks.

What do you notice about these? Many are the same groups that we have already highlighted today: fruits & vegetables, grains, and low fat dairy.

Another tool, MyPyramid, is based upon the premise that one size does **not** fit all. The MyPyramid Plan can help you choose the foods and amounts that are right for you. On the website they provide an opportunity to estimate what and how much you need to eat, based upon your age, sex, and activity level. However, unique to MyPyramid is the opportunity to perform a detailed, personal assessment of your physical activity level on MyPyramid Tracker.

It all depends upon what you want—start with a basic plan like DASH and put it to work or put in a little more time and effort and get your own personal plan from www.MyPyramid.gov.

DASH Eating Plan Basics

- 2½ c fruit
- 2½ c vegetables
- 7- 8 oz equivalents grains
- 6 oz meat, beans or nuts
- 2-3 c low fat milk products
- 2-3 tsp oils
- 2 tsp solid fats OR
- 5 T added sugars per WEEK

These amount are based upon a 2000 calorie diet. Fine tune this for your calorie level. Your intake will vary from day to day. These represent the averages to shoot for.

SAY:

If you choose to go with the DASH Eating Plan, here are some of the basics. DASH focuses on: fruits, vegetables, grains, and low fat dairy

What you see on the slide are the recommended amounts of each of the food groups that the plan suggests consuming each day.

As we mentioned before, fresh, frozen, canned or dried all count for fruit and vegetables.

The rule for fruits and vegetables is that ½ c is equal to ½ c fresh, ¼ c dried, ¾ c juice. And for leafy greens like lettuce, 1 c lettuce is the equivalent of ½ c of other vegetables.

For the grain group, 1 slice of bread, 1 c of dry cereal, ½ c cooked grains is equivalent to 1 oz.

And, for low fat dairy, 1 c of low fat (1%) milk or yogurt; 1 ½ oz low fat cheese, 2 oz low fat processed cheese (2 slices) are all equivalent to one serving of dairy.

Note that the suggested intake of added sugars is 5 T per WEEK.

How do you find out how much sugar is in a serving of a food? It's on the label of the container. There are 5 g of sugar in 1 teaspoon so that makes 15 g in 1T. Now, for some information about sugars in foods and beverages:

There are 9 tsp of sugar in 1, 12 oz pop. That means, 3 T in one can of pop.

A hard candy sucker probably has one to two teaspoons of sugar (four to eight grams) in each piece, depending on the size.

1 T added sugar = 1 T jelly, ½ oz jelly beans, or 8 oz of lemonade.

So, you can see how foods we think of as being “every day” foods definitely fall into the category of “sometimes” foods and snacks.

Check out http://www.oregondairycouncil.org/dash_site/cookbook/index.html for recipes that were specifically created to put the DASH plan into action.



MyPyramid
STEPS TO A HEALTHIER YOU

Based on the information you provided, this is your daily recommended amount from each food group.

GRAINS 6 ounces	VEGETABLES 2 1/2 cups	FRUITS 2 cups	MILK 3 cups	MEAT & BEANS 5 1/2 ounces
<p>Make half your grains whole</p> <p>Aim for at least 3 ounces of whole grains a day</p>	<p>Vary your veggies Aim for these amounts each week:</p> <p>Dark green veggies = 3 cups</p> <p>Orange veggies = 2 cups</p> <p>Dry beans & peas = 3 cups</p> <p>Starchy veggies = 3 cups</p> <p>Other veggies = 6 1/2 cups</p>	<p>Focus on fruits</p> <p>Eat a variety of fruit</p> <p>Go easy on fruit juices</p>	<p>Get your calcium-rich foods</p> <p>Go low-fat or fat-free when you choose milk, yogurt, or cheese</p>	<p>Go lean with protein</p> <p>Choose low-fat or lean meats and poultry</p> <p>Vary your protein routine—choose more fish, beans, peas, nuts, and seeds</p>
<p>Find your balance between food and physical activity</p> <p>Be physically active for at least 30 minutes most days of the week.</p>		<p>Know your limits on fats, sugars, and sodium</p> <p>Your allowance for oils is 6 teaspoons a day.</p> <p>Limit extras—solid fats and sugars—to 265 calories a day.</p>		
<p>Your results are based on a 2000 calorie pattern.</p> <p><small>This calorie level is only an estimate of your needs. Monitor your body weight to see if you need to adjust your calorie intake.</small></p>		<p>Name: _____</p>		

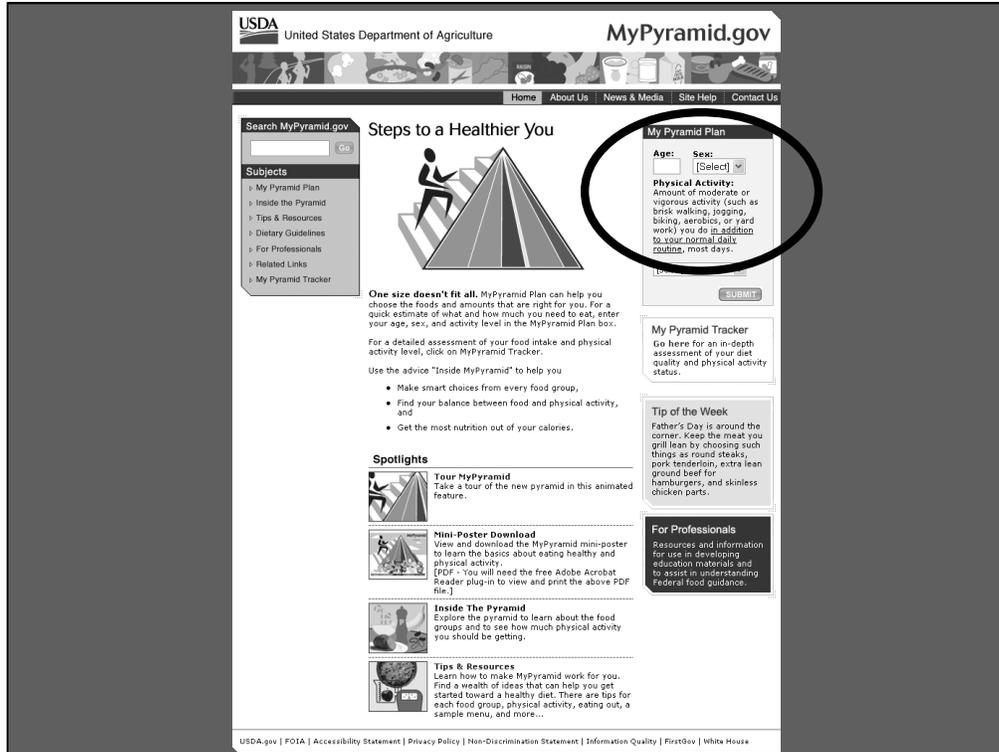
SAY:

To give you a little more detail about MyPyramid, in April, 2005 the USDA released its new food guidance system based on the 2005 Dietary Guidelines for Americans and the new “MyPyramid: Steps to A Healthier You.” This replaced the old Food Guide Pyramid (FGP).

Individuals found it hard to follow the old FGP because it was too general, too unrealistic.

MyPyramid was designed to link to the Dietary Guidelines and be a tool to help implement the Dietary Guidelines.

This tool is a significant improvement over the previous Food Guide Pyramid in that it really customizes the output for the individual consumer. It takes some time and effort to learn to use the Tracker, but many individuals—teens and adults alike—have gained insight by using it.



SAY:

The MyPyramid.gov website provides the most information for consumers and for professionals. This slide shows the MyPyramid.gov homepage. Users can access MyPyramid Plan, MyPyramid Tracker, and many other helpful tips for professionals and consumers.

[CLICK for next slide and yellow circle will appear]

Once you have logged into the program and created your own password, you develop your own personal profile by typing in your age, gender, height and weight. Next, you choose whether to first analyze your diet or your physical activity level. If you select diet assessment, the program asks you to enter the foods you've eaten on a previous day or on a usual day. For each food item, you also need to select a servings size and the number of serving consumed.

USDA United States Department of Agriculture MyPyramid.gov

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Search MyPyramid.gov

You are here: Home / My Pyramid

My Pyramid Plan

Based on the information you provided and the average needs for your age, gender and physical activity [Age: 54, Sex: male, Physical Activity: More than 60 minutes] your results indicate that you should eat these amounts from the following food groups daily.

Your results are based on a 2800 calorie pattern*.

▶ Grains *	10 ounces	tips
▶ Vegetables **	3.5 cups	tips
▶ Fruits	2.5 cups	tips
▶ Milk	3 cups	tips
▶ Meat & Beans	7 ounces	tips

Click the food groups above to learn more.

*** Make Half Your Grains Whole**
Aim for at least 5 whole grains a day

**** Vary Your Vegetables**
Aim for this much every week:
Dark Green Vegetables = 3 cups weekly
Orange Vegetables = 2 1/2 cups weekly
Dry Beans & Peas = 3 1/2 cups weekly
Starchy Vegetables = 7 cups weekly
Other Vegetables = 8 1/2 cups weekly

Oils & Discretionary Calories
Aim for 8 teaspoons of oils a day
Limit your extras (extra fats & sugars) to 374 Calories

*This calorie level is only an estimate of your needs. Monitor you body weight to see if you need to adjust your calorie intake.

View, Print & Learn More:
▶ Click here to view and print a PDF version of **your results**.
▶ Click here to view and print a PDF of a helpful **Meal Tracking Worksheet**.
▶ For a more detailed assessment of your diet quality and physical activity go to the **My Pyramid Tracker**.
You will need the free Adobe Acrobat Reader plug-in to view and print the above PDF files.

USDA.gov | FOIA | Accessibility Statement | Privacy Policy | Non-Discrimination Statement | Information Quality | FirstGov | White House

SAY:

This is the results screen for MyPyramid Plan after entering data on the home page. The above information is for a 54 year old male who is active for at least 60 minutes a day. The recommendations for food intake are personalized according to the data entered on the homepage—one of the many new aspects of MyPyramid.

[CLICK next slide and yellow circle will appear]

Click on the MyPyramid Tracker to begin analyzing your personal information.

USDA United States Department of Agriculture
Center for Nutrition Policy and Promotion

OMB Number 0584-0523
MyPyramid Tracker

MyPyramid Tracker

MyPyramid Tracker is an online dietary and physical activity assessment tool that provides information on your diet quality, physical activity status, related nutrition messages, and links to nutrient and physical activity information. The Food Calories/Energy Balance feature automatically calculates your energy balance by subtracting the energy you expend from physical activity from your food calories/energy intake. Use of this tool helps you better understand your energy balance status and enhances the link between good nutrition and regular physical activity. MyPyramid Tracker translates the principles of the 2005 Dietary Guidelines for Americans and other nutrition standards developed by the U.S. Departments of Agriculture and Health and Human Services.

According to the Paperwork Reduction Act of 1995, no persons are required to respond to a collection of information unless it displays a valid OMB control number. The valid OMB control number for this information collection is 0584-0523. The time required to complete this information collection is estimated to average 1.5 minutes per response, including the time for reviewing instructions, searching existing data sources, gathering and maintaining the data needed, and completing and reviewing the collection of information.

Assessment

 **Assess Your Food Intake**
The online dietary assessment provides information on your diet quality, related nutrition messages, and links to nutrient information. After providing a day's worth of dietary information, you will receive an overall evaluation by comparing the amounts of food you ate to current nutritional guidance. To give you a better understanding of your diet over time, you can track what you eat up to a year.

 **Assess Your Physical Activity**
The physical activity assessment evaluates your physical activity status and provides related energy expenditure information and educational messages. After providing a day's worth of physical activity information, you will receive an overall "score" for your physical activities that looks at the types and duration of each physical activity you did and then compares this score to the physical activity recommendation for health. A score over several days or up to a year gives a better picture of your physical activity lifestyle over time.

Access

SAY:

An exciting feature of this Web site (www.MyPyramid.gov) is MyPyramid Tracker. This online interactive dietary assessment tool is designed to help consumers determine the quality of their diet and activity levels.

MyPyramid Tracker allows consumers who really want to make a change in their lifestyle to keep track of their food intake and energy expenditure daily. It permits consumers to save their input and monitor their daily progress over a period from one day up to one year according to their personalized dietary and physical activity recommendations.

You can enter all the foods and beverages in your day's diet and then proceed to the analysis stage. MyPyramid Tracker allows you to analyze the diet you entered against three different nutrient standards: the Recommended Dietary Allowances for your age/gender group, the newly revised Dietary Guidelines for Americans and the MyPyramid food group recommendations for your age/gender group.

MyPyramid Tracker will "remember" your previous entries so that each time you log on you can add to them. There are even graphs that can chart your nutrient history over several days.

MyPyramid and DASH are just two tools to help you find ways to improve the overall quality of your diet and to stay your healthiest.

An “Encouraging” Word

- Offer new foods...
over & over
& over
- Choice
- Learning
- What you say matters



SAY:

So far we have focused on helping you, as adults, think about ways to improve your food choices and eating habits. However, one of the most common obstacles to changing eating habits and selection is how children respond to changes you try to make and how they react to the introduction of new foods.

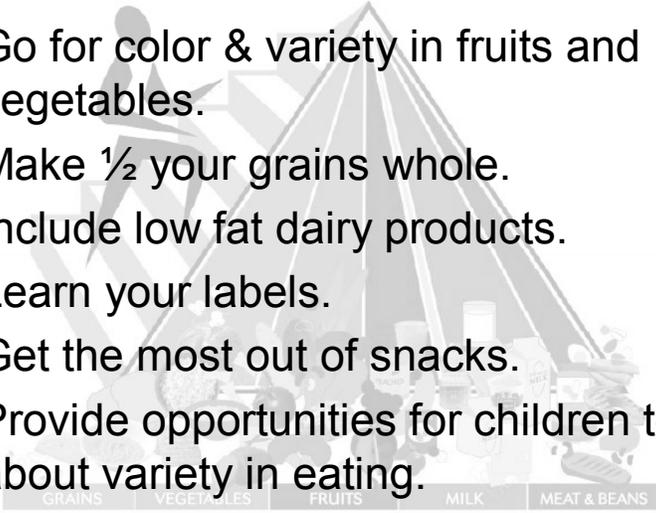
Here are some fundamentals of encouraging children to try new foods:

- First and foremost, many children react less than positively the first time that they encounter a new food.
 - Changing your expectations for how they respond to the food the first few times is probably your best bet: If children are reluctant to try this new food—put it down to a learning experience!
 - They may pick it up, sniff it, lick it and maybe even spit it out the first time they try it. However, don't despair! These are all steps on the path to acceptance.
 - The single most important factor in encouraging children to try new foods is to offer new foods over and over and over. Children do not have as much experience with food as adults and need more time to learn about them. If you continue to offer a food, children generally learn to accept and like it.
- One strategy to helping children acquire new food likes is to give them a choice in which foods they will be trying.
 - Everyone likes to have a say or a choice in matters. Children are no different.
 - So, giving children “choices within limits”, i.e. a choice between 2 vegetables or 2 fruits or 2 different whole grain products, often results in them having more willingness to try new foods.

- Another strategy in encouraging children to accept a greater variety of foods is to help them learn about the food. You can do this in many ways. Here are just a few ideas:
 - Have them plant and grow the seeds for that food in a pot or vegetable garden.
 - Involve them in cooking and preparing the new food.
 - Read books about other children who are picky eaters as a discussion starter.
 - Read about where that food comes from—where it is grown, the people who first consumed it, how it is typically prepared.
 - Find programs like the **Integrated Nutrition Education Program, Color Me Healthy & Food Friends** that have been developed to introduce new foods to children in fun and interesting ways.

- Finally, consider the words you choose when encouraging children to try new foods or eat more vegetables, fruits and whole grains.
 - It's remarkable how words that are meant to encourage can turn into bribes, coercion, pressuring and even pleading!
 - Next time you hear yourself suggesting to a child that they try something different, really think about those words and how you might feel if someone was using them on you!
 - Next time you hear yourself suggesting to a child that they try something different, really think about those words and how you might feel if someone was using them to get YOU to do something you weren't sure you wanted to do.

Smart Rules to Live by:

- Go for color & variety in fruits and vegetables.
 - Make $\frac{1}{2}$ your grains whole.
 - Include low fat dairy products.
 - Learn your labels.
 - Get the most out of snacks.
 - Provide opportunities for children to learn about variety in eating.
- 

SAY:

To recap the material that we have covered, here are some “smart rules” to live by when making changes towards healthier lifestyles:

- Get healthy *AND* satisfied: choose variety and color.
 - The more color in your fruits and vegetables the more nutrients they contain.
 - Trying new foods and getting out of eating ruts leads to learning, discovery, better nutrition and enjoyment.
 - If you are eating 1-2 vegetables each day, start by adding one more at dinner or lunch. If you want to eat more fruit, add a piece in at breakfast or for a snack.
- Whole grains are those which contain all parts of the grain.
 - They are higher in fiber and are therefore more filling both at meals and at snacks.
 - By reading the labels you can identify which products are made with whole grains and you can watch out for added sugars.
 - If foods contain sugar, corn syrup, molasses and other sweeteners at the front of the ingredient list, think about choosing another food or watching your portion.
- Be creative in your efforts to include low fat milk products.
 - These foods make satisfying additions to both meals and snacks and are very important for maintaining bone health and perhaps for maintaining a healthy weight.
 - Think smoothies with lowfat milk and/or yogurt & fruit for breakfast or a snack; how about cheese and vegetables for a snack or a light meal; use low fat milk in recipes that call for water.

- Change how you think about snacks.
 - Many new products make it easy and convenient to munch on fruits and vegetables for snacks. Grab a healthy snack pack.
 - Fill in the gaps in your pyramid with vegetables, fruits and lower fat protein snacks.
 - This will give you more nutrition for the calories.
 - Think of high energy, low nutrition snacks as “sometimes snacks” instead of “everyday snacks.”

- Remember that how you introduce new foods to children really has an impact on their acceptance of them.
 - Children need choices within limits, repeated experience and positive encouragement to learn to accept new foods into their diet.
 - It takes time, patience and faith that they will learn to like a variety of foods.

- Enjoy all foods—just not all the time.
 - There is a time and a place for most every food.
 - Make your choices with balance in mind so that good nutrition, fun and satisfaction are all a part of your eating habits.