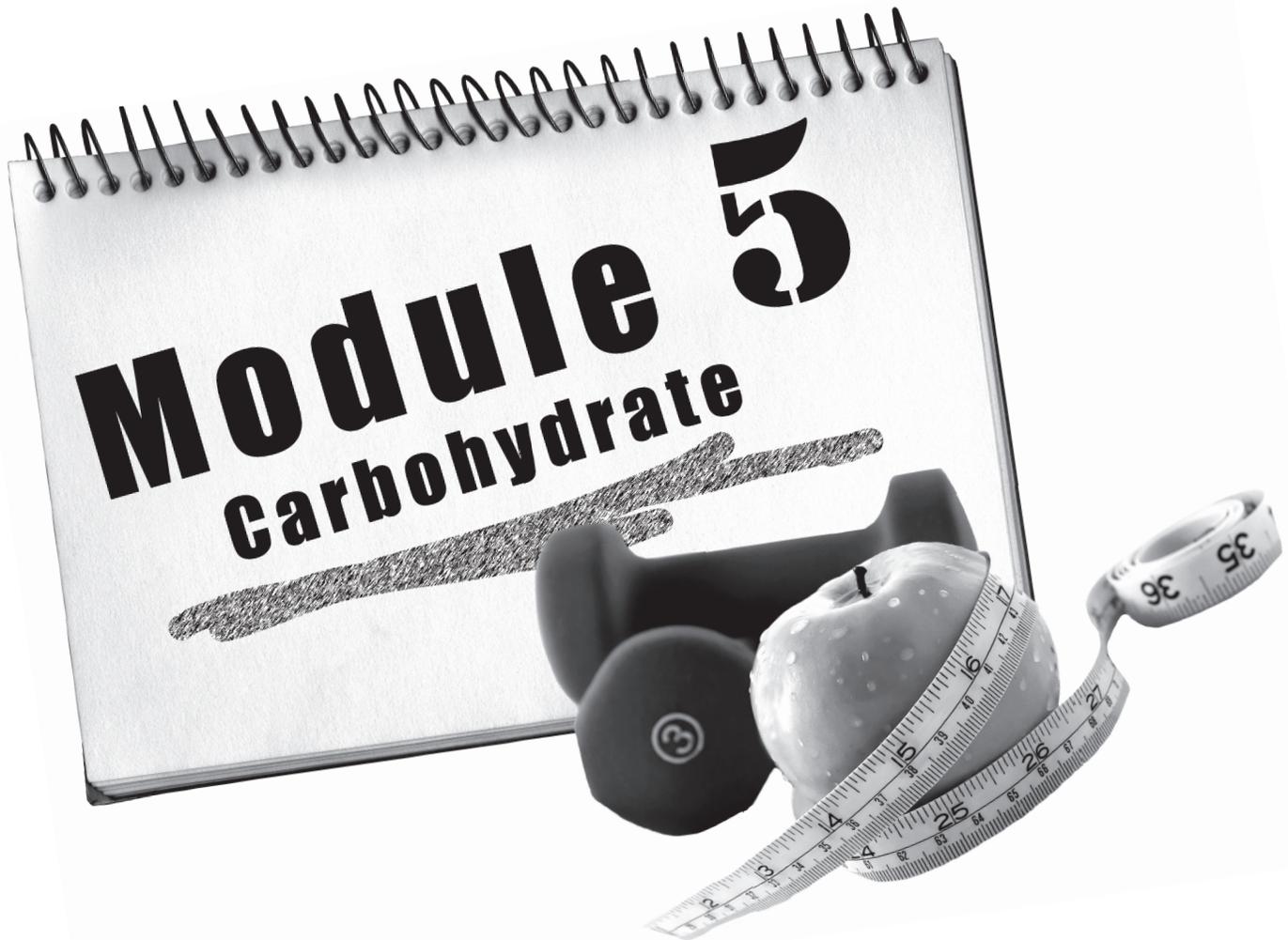


Healthy Lifestyles Training

MODULE 5

Presentation Script



Being Choosy About Carbs



Module 5
Carbohydrate

Being Choosy About Carbs



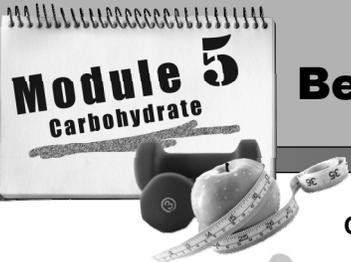
Colorado Department
of Public Health
and Environment

*Based upon the 2005
Dietary Guidelines
for Americans*



SAY:

Today we are going to learn all about carbohydrates. There has been so much information about carbs: good carbs, bad carbs, hidden carbs, natural carbs and added carbs. No doubt, many of you have experienced “carb confusion.”



Module 5
Carbohydrate

Being Choosy About Carbs

Civil Rights Statement

In accordance with federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. (Not all prohibited bases apply to all programs.) To file a complaint of discrimination, write:

USDA, Office of Civil Rights,
1400 Independence Avenue, S.W.
Washington D.C. 20250-9410
or call
800.795.3272 (voice) - 202.720.6382 (TTY)

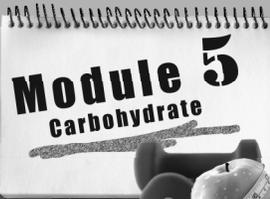
USDA is an equal opportunity provider and employer.

De acuerdo a lo establecido por las leyes federales y el Departamento de Agricultura de los EE.UU. (USDA, siglas en ingles), se prohíbe a este organismo la discriminación por raza, color, origen nacional, sexo, edad, o impedimentos de las personas. (No todos las bases de prohibición se aplican a todos los programas.) Para presentar una queja sobre discriminación, escriba:

USDA, Office of Civil Rights,
1400 Independence Avenue, S.W.
Washington D.C. 20250-9410
O llame al

800.795.3272 (voice) - 202.720.6382 (TTY)

USDA es un proveedor y empleador que ofrece oportunidad igual a todos



Being Choosy About Carbs

Team Nutrition Statement

This project has been funded at least in part with Federal funds from the U.S. Department of Agriculture. The contents of this publication do not necessarily reflect the view or policies of the U.S. Department of Agriculture, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. Government.

Copyrights

USDA/FSN reserves a royalty-free, nonexclusive, and irrevocable license to reproduce, publish or otherwise use, and to authorize others to use, for Federal Government purposes, the following:

The copyright in any work developed under a grant, sub-grant, or contract under a grant or sub-grant; and

Any rights of copyright to which a grantee, sub-grantee or a contractor purchases ownership with grant support.

Today's Discussion

- What is a carbohydrate?
- What's so great about fiber?
- How do I know if a food or drink is high in sugar?
- What carbohydrates give the best nutrition?
- How do I make smart carb choices?



SAY:

During this training we will learn how to sort through all of the confusion about carbohydrates. We will focus on the quality of the carbohydrates that are available to us and how to make smart carb choices. Don't get me wrong, all foods can fit into a healthy diet—but some can fit more often and in larger quantities than others.

We will:

- Learn what a carbohydrate is and about the different kinds of carbohydrates and how the body uses them.
- Learn about fiber and why it is important for our health.
- Learn how to identify foods and beverages that are high in added sugars.
- Explore the importance of fruits, vegetables and whole grains as prime sources of nutrient-filled carbohydrates.

What Is A Carbohydrate?

- 3 kinds of carbs
 - Sugar
 - Starch
 - Fiber



SAY:

So what makes a carb a carb?

Without getting too technical, carbohydrates are molecules found in food and drinks that are made up of carbon, hydrogen and oxygen—that's mostly it. And that's why they are called carbohydrates—or hydrated carbons.

The simplest carbohydrates are what we call **sugars** or "simple sugars." Names of sugars that you might be familiar with include fructose, glucose, dextrose, lactose, and sucrose. Notice that each of those sugar names has the ending of "ose." The "ose" part of the word just means that it's a kind of sugar. I'm sure you might have seen these words on ingredient lists when you have read food labels. When we talk about "sugar," we usually are referring to the sugar called sucrose—that's the chemical name for table sugar.

Another slightly more complicated carbohydrate is **starch**. Starches are just a lot of glucose molecules strung together and that's what makes them starch—because there are so many glucoses in the chain. Starches are big and long molecules compared to sugars and get digested and absorbed by the body a little more slowly than sugar does. Examples of starchy foods include bread, pasta, potatoes, corn and peas.

And last, fiber is a lot like starch. It has a lot of sugars hooked together but the way they are connected makes them hard for the body to digest. Because it doesn't get digested, fiber passes through the intestine and is eliminated, oftentimes in the same form that it was ingested. This is important because fiber can add bulk and can help to keep water in the large intestine, thereby making laxation easier.

Starches and fiber are found in grains, vegetables and fruits.

Are There “Bad” Carbohydrates?

There are NO bad foods

- There are bad DECISIONS about how much we eat
- “Everyday” vs. “Sometimes” foods



SAY:

If you don't take anything else home from this training, I want you to know that carbohydrates are part of a healthful diet. That means that there are no BAD carbohydrates and no bad foods. Potatoes aren't bad; sugar isn't bad; bread isn't bad; soda or pop isn't bad.

So why do they get a bad reputation?

Because we make bad decisions about how often and how much to consume of these foods that are high in carbohydrate, but not that high in vitamins and minerals.

I'd like to introduce the concept of “Everyday” foods and “Sometimes” foods. There are foods that are tasty, pleasure-filled and important for our health and we want to encourage you to consume them each and every day. These are foods like fruits, vegetables, whole grains and low fat milk products.

On the other hand, there are tasty, and admittedly, pleasure-filled foods that really merit thinking about before we decide to eat them. Those are the foods that are high in added sugars and I'd like to encourage you to think of them as “Sometimes” foods.

What separates foods high in added sugars from other foods like fruits, vegetables and whole grains? It's the quality of the nutrition that we get from eating these foods.

Foods like fruits, veggies, and whole grains are tasty AND they supply lots of essential vitamins and minerals along with calories.

Sugar isn't “bad,” but food and drinks high in added sugars don't usually come with lots of other nutrients except calories. Sugars just shouldn't play a major role in our energy consumption because we can't get all the nutrients we need from high sugar foods.

Natural and Added Sugars

- Many foods contain sugars naturally, like fruit & juice
- Sugars are sugars
- What comes with the sugars?



SAY:

Many foods, like fruit and juice, are naturally high in sugar. Some foods advertise on the label that they are made with special or less processed sugars. Does that make them better than foods made with processed or white sugar?

In a word, no. Sugar is sugar is sugar.

The low down on “natural” and “added” sugars is that even though some foods have natural sugars, that doesn’t automatically make them better or healthier than other foods. The body doesn’t react very differently to sugars that are “natural” compared to sugars that are added.

The key factor is what other nutrients come along with the sugars? In the case of fruits and juice, they not only have sugar but also have vitamins like Vitamin C, Vitamin A and Folate that are essential for health. What’s in a soda? Nothing but calories from sugar and water. That’s not much nutrition for the calories.

The bottom line? Sugar is sugar—whether it’s natural or processed or added. To make good eating choices, you have to consider the nutrition in the food or drink, and then you have to decide how smart it is to eat that food.

Fabulous Fiber

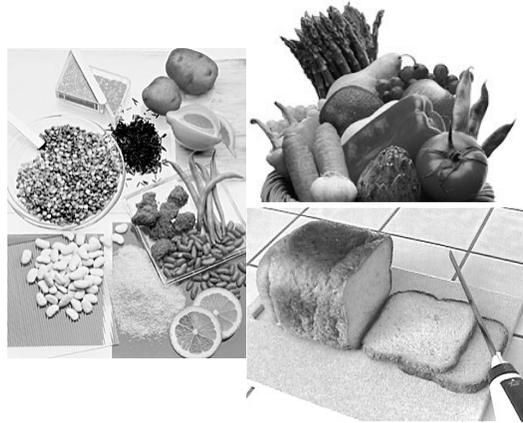


SAY:

What's the first thing you think of when I say the word "FIBER?"

Some people think of "sawdust" or "cardboard" and some people just start to hear their grandmother's voice saying "roughage!"

Fabulous Fiber



SAY:

Well, here is the good news! Fiber can taste fabulous! Foods high in fiber can be sweet, or sour, or nutty and chewy and crunchy too. There are many faces to fiber.

Fiber is found in fruits, vegetables, nuts and whole grains. In addition to containing disease-fighting phytochemicals and antioxidants, fruits, vegetables and whole grains provide fiber, too. That's why they are such an important part of our everyday diet.

The Payoff for Choosing Fiber

- Avoiding Chronic Disease:
 - Heart disease
 - Type 2 diabetes
 - Colon cancer
 - Diverticulitis
- Achieving:
 - Weight control
 - Feeling better
 - Longer, healthier life!



SAY:

What are the benefits of foods high in fiber?

The medical evidence is clear that carbohydrate-containing foods reduce risks of chronic disease. People who eat high fiber foods regularly have a lower risk of obesity. They also have lower cholesterol levels. Because of the protective phytochemicals and antioxidants found in fruits, vegetables and whole grains, people who eat high fiber foods have been shown to reduce their risk of heart disease, stroke, Type II diabetes, digestive system cancers, and hormone-related cancers. That's the medical evidence.

But on perhaps a brighter side, avoiding these diseases means living a longer, happier, healthier life. It means being present for loved ones; playing with children and grandchildren; it means a richer, fuller longer-lasting life.

How Much Is Fiber Enough?

- ~14 g per 1000 calories
- 28 g for the “average” 2000 calorie diet
- Can anyone eat that much fiber?



SAY:

The recommendations for how much fiber is enough for optimal health?

About 14 grams for every 1000 calories you consume. On average, that's about 28 g a day.

That sounds like a lot—can anyone actually eat that much?

How Can You Eat That Much Fiber?

- Choose whole fruits & vegetables over juice
- Eat the skin of cleaned fruits and vegetables
- Choose whole grain rice, breads and cereals
- Eat nuts for snacks
- Eat cooked beans



SAY:

Here are some important tips to know to help you increase the amount of fiber in your diet. You can see that it doesn't mean giving up taste—it really translates into choosing your foods with fiber in mind and increasing the variety of foods you consume each week.

How Much Fiber Is In...?

Foods	g per serving	Foods	g per serving
Fruits	2-3	Juice	½
Colorful vegetables	2-3	Potatoes	2
Whole grains	2-3	Processed breads	1
Nuts and seeds	4	Chips	0
Legumes	3-4		

SAY:

You can see in the table presented here, that the foods listed on the left are much higher in fiber than those on the right. Does that mean that the foods in the right-hand column are “bad” foods? Not at all.

What it *does* mean is that to eat healthfully, you wouldn't choose the foods in the right hand column every day. To eat according to the dietary guidelines, you would make sure to eat the foods on the left, and then if you had extra calorie needs, you might fill them in with foods in the right.

What's the Skinny On Sugar?

- U.S. Consumption:
 - 20 tsp per day
 - 142 pounds per year
 - 20% of calories consumed by teenagers is sugar



SAY:

How much are we consuming?

According to 2003 data, we are consuming 20 teaspoons, or twice the recommended amount, each day. That doesn't sound like much. But at 4 grams per teaspoon and 4 calories per gram of sugar, that's 320 calories a day from sugar.

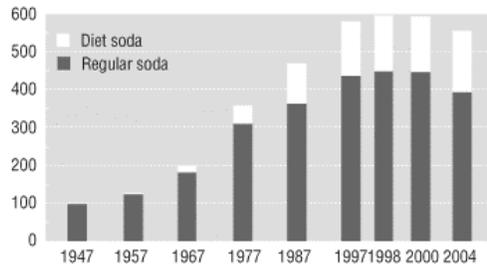
AND, it adds up to a consumption rate of 142 pounds of sugar per person in a year. That's 257,872 calories from sugar in a year.

For the average teenager, sugar accounts for about 20% of their total calorie intake.

When you eat a diet that is too high in sugar, you either don't get the nutrients you need or you gain extra weight.

It's Partly What We Drink

Figure 1
Annual soft drink production in the United States
(12-oz. cans/person)



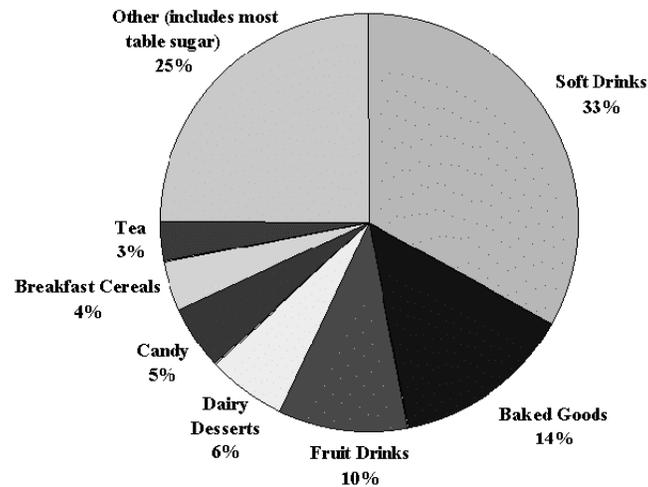
Sources: USDA Economic Research Service (1947–87); Beverage Digest (1997–2004).

12 ounce Pepsi® = 10 tsp
8 ounces lemonade ~ 7 tsp

SAY:

What are the major sources of sugars? This graph shows that we have increased the number of soft drinks we are consuming and suggests that a large part of the increase in sugar consumption is coming from soft drinks.

And It's Partly What We Eat



Source: *Where Added Sugars Come From*. Center for Science in the Public Interest. Available at www.cspinet.org/reports/sugar/sugarorigin.html. Used with permission.

SAY:

However, beverages are only one of the sources of added sugar. We also ingest sugar from cereals, desserts, candy, baked goods and by adding table sugar to other foods and drinks.

What's Wrong With Sugar?

- Nothing—until you get too much
- High calorie intake
- Diet low in nutrients
- Weight gain
- Dental caries



SAY:

What's the downside of consuming a lot of sugar?

The data reveal that individuals who consume food or beverages high in added sugars tend to consume higher calorie diets with lower nutrient content. The data also suggest that weight gain is associated with consumption of sweetened beverages.

Last, but not least, is the relationship between dental caries and sugar consumption: the more sugar you consume, the bigger the problem tends to be. This has been shown to be true on a world wide level.

So how do we know when a food is high in added sugars?

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

Edelstein ED. The Dental Caries Pandemic and Disparities Problem. *BMC Oral Health* 2006;6(Suppl 1):S1-S2.

Understanding caries etiology and distribution is central to understanding potential opportunities for and likely impact of new biotechnologies and biomaterials to reduce the caries burden worldwide. This review asserts the appropriateness of characterizing caries as a "pandemic" and considers static and temporal trend reports of worldwide caries distribution. Oral health disparities within and between countries are related to sugar consumption, fluoride usage, dental care, and social determinants of health. Findings of international and U.S. studies are considered in promoting World Health Organization's and others' recommendations for science-based preventive and disease management interventions at the individual, clinical, public health, and public policy levels.

Get Label Able!

Nutrition Facts	
Serving Size 1 cup	
Servings Per Container 9	
Amount Per Serving	
Calories 110	Calories from Fat 15
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Polysaturated Fat 0.5g	
Monounsaturated Fat 0.5g	
Cholesterol 0 mg	0%
Potassium 95mg	3%
Sodium 280 mg	12%
Total Carbohydrate 22g	7%
Dietary Fiber 3g	11%
Soluble Fiber 1g	
Insoluble Fiber 2g	
Sugars 1g	
Protein 3g	
Vitamin A 10%	Vitamin C 10%
Calcium 4%	Iron 45%

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

Calories:	2,000	2,500
-----------	-------	-------

- Be aware of calories, carbs, fiber and sugars in foods by reading labels.



SAY:

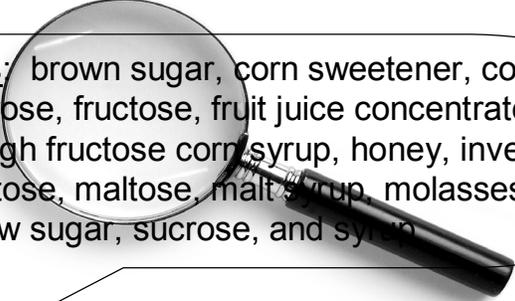
Look to labels to get informed about sugar content. There are 2 key areas to focus on in the Nutrition Facts label.

- 1) Check out the total calories per serving of the food to get an idea of how many calories you are likely to eat when you consume this product.
- 2) Look at the area that says **Total Carbohydrate**. You can find out the total amount of carbs but you can also read the amount of **fiber** and **sugars** that the food contains.

One thing to note: the Nutrition Facts labels do not tell you how much sugar is *added* to the product but only how much is in 1 serving of the product.

To determine how much added sugar is in the product you will need to examine the food ingredient list.

Get Label Able!



Ingredients: brown sugar, corn sweetener, corn syrup, dextrose, fructose, fruit juice concentrates, glucose, high fructose corn syrup, honey, invert sugar, lactose, maltose, malt syrup, molasses, raw sugar, sucrose, and syrup.

Learn how to detect added sugars in ingredient lists

SAY:

If you see any of these ingredient names in the list, then you will know that there are added sugars in the product. Ingredients are listed according to their amounts so that the closer the ingredient is to the front of the list, the more the product has of that ingredient.

WARNING: You may see more than one kind of added sugar in the ingredient list. While the product may not have a lot of one kind of added sugar, the combination of all the sugars may really add up!

How Much Sugar is OK?

- 10 tsp per day
- Think of foods and drinks with added sugars as “sometimes foods” rather than “everyday foods”



SAY:

The recommendations, according to the 2005 Dietary Guidelines for Americans, suggest that a limit of 10 teaspoons per day of sugar is optimal for health. This isn't much sugar when you consider that 1 12 oz. can of pop has 10 teaspoons.

The larger message of the guidelines is that foods and beverages with added sugars should be thought of as “sometimes” foods rather than “everyday” foods.

Make Smart Choices

- Focus on fruits & vegetables
- Choose beverages packed with nutrients
- Be choosy—snacks “count” in smart nutrition
- Fill up on fiber from whole grains



SAY:

So often it seems like health professionals focus on what we shouldn't be eating and we've just finished talking about avoiding consuming too many foods with added sugars. Now let's focus on what the 2005 Dietary Guidelines are *encouraging* us to eat.

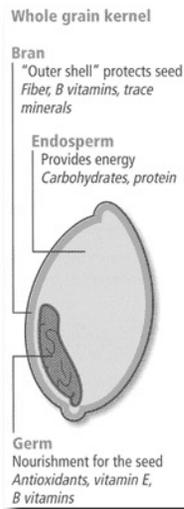
•A prime focus is on increasing the variety of fruits and vegetables that we consume. There is a whole rainbow of colors of fruits and vegetables—give them a try!

•Another message encourages us to get curious about what we are drinking. Beverages can be loaded with calories but aren't always as filled with nutrients. Look at labels to find out which drinks supply good nutrition and good taste. Low fat dairy products are a good place to start.

•Snacks are a great opportunity to load up on good nutrition. Choosing fruits, nuts in controlled portions, and healthy snacks can increase the quality of your diet while actually decreasing your calorie intake.

•Last, choosing high fiber foods like whole grain products can add healthy, great tasting foods to your diet. The bonus of eating more high fiber foods is that they are filling and can help with weight loss.

Make ½ Your Grains Whole!



What are "whole" grains?

How can you tell if a product is whole grain?



SAY:

I'd like to say just a little more about what makes a grain "whole."

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 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 energy to the young plant. 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. In order for a food to count as "whole grain", a whole grain must be first on the list of ingredients.

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.

Let's Compare Whole Grains & Enriched Grains

100 Percent Whole-Grain Wheat Flour		Enriched, Bleached, All-Purpose White Flour
339.0	Calories, kcal	364.0
12.2	Dietary fiber, g	2.7
34.0	Calcium, mg	15.0
138.0	Magnesium, mg	22.0
405.0	Potassium, mg	107.0
44.0	Folate, DFE, µg	291.0
0.5	Thiamin, mg	0.8
0.2	Riboflavin, mg	0.5
6.4	Niacin, mg	5.9
3.9	Iron, mg	4.6



Source: U.S. Department of Agriculture, Agricultural Research Service. 2003. USDA National Nutrient Database for Standard Reference, Release 17. Nutrient Data Laboratory Home Page. Available at <http://www.nal.usda.gov/fnic/foodcomp>.

SAY:

Let's compare these two ingredient lists and see what they can tell us.

On the left, you will note that the first ingredient is "whole wheat." When the 1st ingredient is a whole grain, this is a good indicator that the food meets that criteria.

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

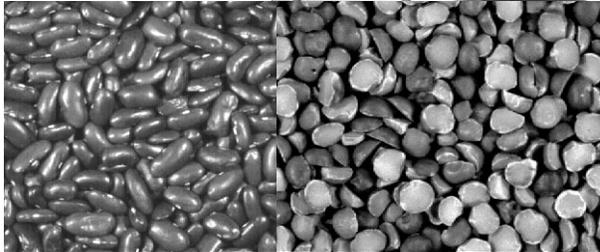


SAY:

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.

Don't Forget Legumes!

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



Source: Maryland Cooperative Extension, University of Maryland.

SAY:

Another subgroup of foods that are high in carbohydrate and in fiber are legumes. Legumes can be thought of as being in the Meat Group because of their relatively high protein content, but they are also very high in carbohydrates and fiber. They are a nutritious, tasty way to increase the fiber in our diets and a great source of healthy carbohydrates. Include them often as part of your meals and you will get the bonus of having more variety and a more interesting diet.

Balancing Tools

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



- 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.

Note: The book can be bought from www.amazon.com or from the publisher, Transitions Nutrition Consulting, The DASH Diet Action Plan.

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 nutritious 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 or beans or nuts
- 2-3 c low fat dairy foods
- 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.

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 equivalent.

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 5T per WEEK.

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

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

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).

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.

Smart Rules To Live By:

- Go for color & variety
- Make $\frac{1}{2}$ your grains whole
- Learn your labels
- Beverages count
- Get the most out of snacks
- Get active & get in balance

GRAINS VEGETABLES FRUITS MILK MEAT & BEANS

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 in the foods you eat. The more color in your fruits and vegetables, the more nutrients they contain. 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 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.

•Keep an eye on calories from beverages: they can really add up!

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

•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.