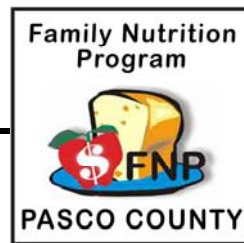


Family Nutrition Program in Pasco

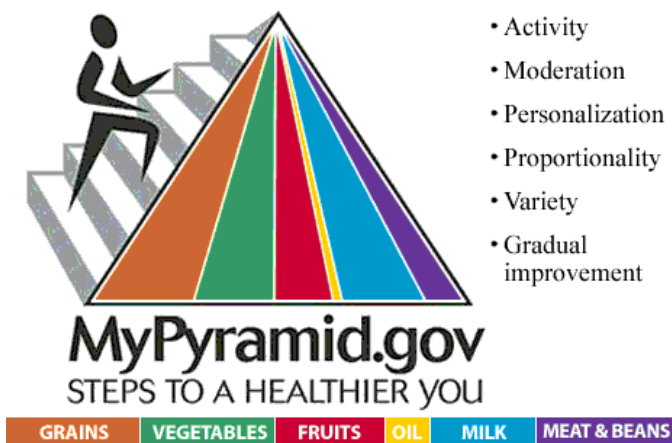
Nutritious Nibbles of Information

October/November
2009



MyPyramid and Physical Activity for Adults and Kids

The US Department of Agriculture (USDA) and US Department of Health and Human Services (HHS) review the latest nutrition and health research and update their *Dietary Guidelines for Americans* every five years. The *Food Guide Pyramid* was developed as a visual interpretation of those recommendations to guide Americans to a healthier lifestyle and was first introduced in 1992. The last review of the guidelines was done in 2005 and *MyPyramid* was released by USDA that same year. A new version of the guidelines and this food guidance system is anticipated in fall of 2010.



- Activity
- Moderation
- Personalization
- Proportionality
- Variety
- Gradual improvement

MyPyramid emphasizes the need for a more individualized approach to improving diet and lifestyle. It is a consumer-friendly guide, flexible and easy to use to help all healthy people over two years of age make healthful food choices.

One size doesn't fit all. *MyPyramid* offers personalized eating plans, interactive tools to help adults assess their food choices, and advice to help:

- ▲ Make smart choices from every food group;
- ▲ Find balance between food and physical activity;
- ▲ Get the most nutrition out of calories consumed
- ▲ Stay within daily calorie needs.

The *MyPyramid* symbol represents the recommended proportion of foods from each of five food groups and focuses on the importance of making smart food choices in every food group every day. The *MyPyramid* symbol itself shows six vertical color bands, each representing varying proportions of the pyramid. These colors represent the food groups.

- ▲ Orange for grains
- ▲ Green for vegetables
- ▲ Red for fruits
- ▲ Yellow for oils (not a food group – limit, choose healthy)
- ▲ Blue for milk
- ▲ Purple for meat and beans

For specific servings of a given food group you are encouraged to create your own personal pyramid online and that is where the name *MyPyramid* comes from. By keying in certain data, you can find out how much you should eat from each food group based on your age, sex and level of activity.

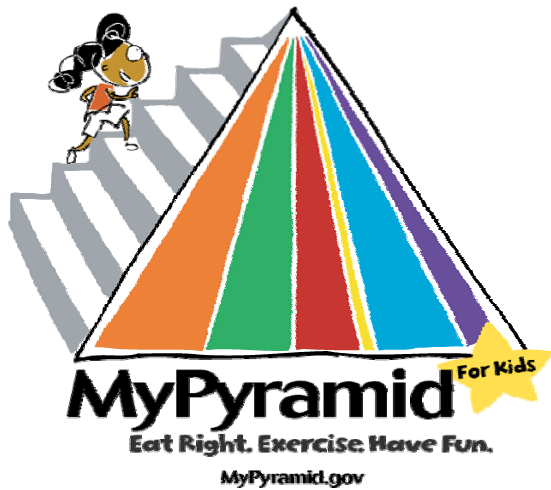
Physical activity is a new element in the symbol. This black silhouette is shown running up the side of the pyramid.

The new interactive technology can be found on www.mypyramid.gov. The Web site features *MyPyramid Plan*, *MyPyramid Tracker* and *Inside MyPyramid*, plus tips, resources and a worksheet.

Several versions of *MyPyramid* have been developed to target certain groups with different needs: *MyPyramid for Kids* has been developed for children six to 11 years old; *MyPyramid for Pregnancy and Breastfeeding Women*, *MyPyramid for Older Adults*; and others.

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call toll-free 1-866-762-2237 or visit www.dcf.state.fl.us/ess. This institution is an equal opportunity provider and employer.

MyPyramid for Kids



Childhood is the time when kids establish eating patterns that can last a lifetime. It is important that parents take time to teach children how to make informed nutritious food choices with the following suggestions:

Kids should eat at least five servings of fruits and vegetables each day but most do not. Keep fruits and veggies readily available (washed and ready-to-eat) in the refrigerator where easily seen. Add veggies to soups and casseroles. Blend cooked cauliflower or sweet potatoes into traditional mashed potatoes. Add shredded carrots and zucchini into spaghetti sauce and make up a fun name like “confetti spaghetti.”

Involve kids in meal planning, shopping, and preparation. Younger children can wash spinach, tear up lettuce, peel carrots, and set the table. Older children can learn how to use a knife safely to cut up veggies for a snack, salad or stir fry.

A basic breakfast should be a balance of choices from several of the five food groups. Try serving a whole grain cereal with low-fat milk and a fruit (or 100% juice). Foods that can be eaten easily on-the-go include a mini bagel with cream cheese; a peanut butter and jelly sandwich; or a piece of fruit and a bag of dry, unsweetened cereal.

If your child is overweight, diets are not the answer. Instead of weight loss, emphasize positive eating and changes in physical activity. Eat dinner together as a family so you can monitor their intake. Sit down at the table where you can teach kids how to eat more slowly, pay attention to their hunger, and avoid the mindless eating that may occur when watching TV.

Focus on offering lower-calorie, nutrient-rich meals and snacks without severely restricting food intake. Buy healthier foods and keep them easily accessible. Limit sweets, chips, soda and other sweetened drinks.

Reduce “screen time” (TV watching and computer/video games) to less than 2 hours a day. Promote physical activity as a family

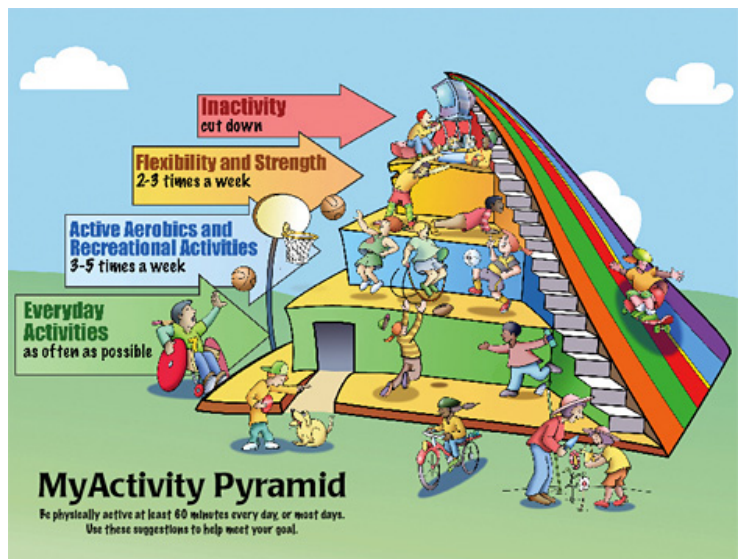
by taking walks, playing outdoor games, and riding bikes together.

QUICK AND HEALTHY SNACKS

- ▲ air-popped popcorn
- ▲ apple slices dipped in peanut butter
- ▲ bean burrito
- ▲ carrot/celery/cucumber sticks drizzled with low-fat dressing
- ▲ frozen grapes or melon
- ▲ fruit skewers with low-fat yogurt dip
- ▲ fruit smoothies made with milk, soy milk, or yogurt
- ▲ homemade trail mix (raisins, peanuts, whole-grain cereal)
- ▲ peanut butter and jelly sandwich with sliced bananas or apples
- ▲ pita bread with hummus
- ▲ whole-grain crackers with low-fat cheese slices
- ▲ yogurt with granola and berries or banana slices

My Activity Pyramid for Kids

This activity pyramid was developed to help children understand how much activity they should be getting every day. Like *MyPyramid for Kids*, this pyramid starts at the bottom with activities kids should be performing every day. It says kids should be active at least 60 minutes a day, including getting aerobic exercise three to five days a week, working on flexibility and strength two or three times a week, and cutting down on inactivity. The pyramid comes with an activity log to help kids chart their movement.



For more information, contact:
Betsy Crisp, MS, LD, FNP Coordinator
352-521-4288; 813-996-7341, Ext 4288