

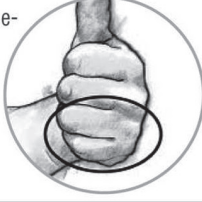

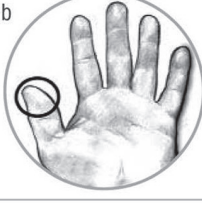





3.1

Choose Sensible Sizes

| Amount of food | Types of food | Size of one serving (the same size as:) |
|----------------|----------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|
| 3 ounces | meat, chicken, turkey, or fish | the palm of a hand  |
| 1 cup | cooked vegetables salads casseroles or stews, such as chili with beans milk | an average-sized fist  |
| 1/2 cup | fruit or fruit juice starchy vegetables, such as potatoes or corn pinto beans and other dried beans rice or noodles cereal | half of an average-sized fist  |
| 1 ounce | snack food | one handful  |
| 1 Tablespoon | salad dressing | the tip of a thumb  |
| 1 teaspoon | margarine | a fingertip  |

Note: The hand size shown is for adults, but the same proportion is valid for child-sized hands. However, the amount of food listed in the first column should be adjusted for children.



3.2

Sugar-Coated Flake Cereal

| Nutrition Facts | | |
|------------------------------------|--------|------------------------------------------------|
| Serving Size 3/4 Cup (31g/1.1 oz.) | | |
| Servings Per Package About 18 | | |
| Amount Per Serving | Cereal | Cereal with 1/2 Cup Vitamins A&D Fat Free Milk |
| Calories | 120 | 160 |
| Calories from Fat | 0 | 0 |
| % Daily Value** | | |
| Total Fat 0g* | 0% | 0% |
| Saturated Fat 0g | 0% | 0% |
| Cholesterol 0mg | 0% | 0% |
| Sodium 150mg | 6% | 9% |
| Potassium 20mg | 1% | 6% |
| Total Carbohydrate 28g | 9% | 11% |
| Dietary Fiber 1g | 3% | 3% |
| Sugars 12g | | |
| Other Carbohydrate 15g | | |
| Protein 1g | | |
| % Daily Value | | |
| Vitamin A | 10% | 15% |
| Vitamin C | 10% | 10% |
| Calcium | 0% | 15% |
| Iron | 25% | 25% |
| Vitamin D | 10% | 25% |
| Thiamin | 25% | 25% |
| Riboflavin | 25% | 35% |
| Niacin | 25% | 25% |
| Vitamin B ₆ | 25% | 25% |
| Folic Acid | 25% | 25% |
| Vitamin B ₁₂ | 25% | 35% |

*Amount in Cereal. One half cup of fat free milk contributes an additional 40 calories, 65mg sodium, 6g total carbohydrate (6g sugars), and 4g protein.
 **Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Toasted Oat Cereal

| Nutrition Facts | | |
|--------------------------------|--------|------------------------|
| Serving Size 1 Cup (30g) | | |
| Servings Per Container About 9 | | |
| Amount Per Serving | Cereal | with 1/2 Cup Skim Milk |
| Calories | 110 | 150 |
| Calories from Fat | 15 | 20 |
| % Daily Value** | | |
| Total Fat 2g* | 3% | 3% |
| Saturated Fat 0g | 0% | 3% |
| Polyunsaturated Fat 0.5g | | |
| Monounsaturated Fat 0.5g | | |
| Cholesterol 0mg | 0% | 1% |
| Sodium 280mg | 12% | 15% |
| Potassium 95mg | 3% | 9% |
| Total Carbohydrate 22g | 7% | 9% |
| Dietary Fiber 3g | 11% | 11% |
| Soluble Fiber 1g | | |
| Sugars 1g | | |
| Other Carbohydrate 18g | | |
| Protein 3g | | |
| % Daily Value | | |
| Protein | - | - |
| Vitamin A | 10% | 15% |
| Vitamin C | 10% | 10% |
| Calcium | 10% | 25% |
| Iron | 45% | 45% |
| Vitamin D | 10% | 25% |
| Thiamin | 25% | 30% |
| Riboflavin | 25% | 35% |
| Niacin | 25% | 25% |
| Vitamin B ₆ | 25% | 25% |
| Folic Acid | 50% | 50% |
| Vitamin B ₁₂ | 25% | 35% |
| Phosphorus | 10% | 25% |
| Magnesium | 10% | 10% |
| Zinc | 25% | 30% |
| Copper | 2% | 2% |





3.2

Creme-Filled Sandwich Cookie

| Nutrition Facts | |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------|
| Serving Size 3 cookies (34g) | |
| Servings Per Container about 15 | |
| Amount Per Serving | |
| Calories 160 | Calories from Fat 60 |
| % Daily Value* | |
| Total Fat 7g | 11% |
| Saturated Fat 1.5g | 7% |
| Cholesterol 0mg | 0% |
| Sodium 210mg | 9% |
| Total Carbohydrate 24g | 8% |
| Dietary Fiber 1g | 4% |
| Sugars 13g | |
| Protein 2g | |
| Vitamin A 0% | Vitamin C 0% |
| Calcium 0% | Iron 8% |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: | |
| | Calories: 2,000 2,500 |
| Total Fat | Less than 65 g 80 g |
| Sat Fat | Less than 20 g 25 g |
| Cholesterol | Less than 300 mg 300 mg |
| Sodium | Less than 2,400 mg 2,400 mg |
| Total Carbohydrate | 300 g 375 g |
| Dietary Fiber | 25 g 30 g |
| INGREDIENTS: SUGAR, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID), PARTIALLY HYDROGENATED SOYBEAN OIL, COCOA (PROCESSED WITH ALKALI), HIGH FRUCTOSE CORN SYRUP, CORNSTARCH, BAKING SODA, SALT, SOY LECITHIN (EMULSIFIER), VANILLIN—AN ARTIFICIAL FLAVOR, CHOCOLATE, WHEY (FROM MILK). | |

Graham Crackers

| Nutrition Facts | |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------|
| Serving Size 8 crackers (31g) | |
| (1 serving = 2 full cracker sheets) | |
| Servings Per Container about 13 | |
| Amount Per Serving | |
| Calories 130 | Calories from Fat 25 |
| % Daily Value* | |
| Total Fat 3g | 5% |
| Saturated Fat 0.5g | 3% |
| Polyunsaturated Fat 0g | |
| Monounsaturated Fat 1g | |
| Cholesterol 0mg | 0% |
| Sodium 190mg | 8% |
| Total Carbohydrate 24g | 8% |
| Dietary Fiber 1g | 5% |
| Sugars 7g | |
| Protein 2g | |
| Vitamin A 0% | Vitamin C 0% |
| Calcium 2% | Iron 6% |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: | |
| | Calories: 2,000 2,500 |
| Total Fat | Less than 65 g 80 g |
| Sat Fat | Less than 20 g 25 g |
| Cholesterol | Less than 300 mg 300 mg |
| Sodium | Less than 2,400 mg 2,400 mg |
| Total Carbohydrate | 300 g 375 g |
| Dietary Fiber | 25 g 30 g |
| INGREDIENTS: ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID), GRAHAM FLOUR, SUGAR, PARTIALLY HYDROGENATED SOYBEAN OIL, MOLASSES PRESERVED WITH SULFUR DIOXIDE, HIGH FRUCTOSE CORN SYRUP, LEAVENING (BAKING SODA, CALCIUM PHOSPHATE), SALT, MALTED BARLEY FLOUR. | |





3.3

White Bread

| Nutrition Facts | |
|-----------------------------------------------------------|-----------------------------|
| Serving Size 1 slice (34g) | |
| Servings Per Container 18 | |
| Amount Per Serving | |
| Calories 90 | Calories from Fat 15 |
| %Daily Value* | |
| Total Fat 1.5g | 2% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | 0% |
| Cholesterol 0mg | 0% |
| Sodium 140 mg | 6% |
| Total Carbohydrate 16 g | 5% |
| Dietary Fiber 1g | 0% |
| Sugars 2g | |
| Protein 2g | |
| Vitamin A 0% • Vitamin C 0% | |
| Calcium 4% • Iron 6% | |
| * Percent Daily Values are based on a 2,000 calorie diet. | |

Ingredients:
 Enriched wheat flour (wheat flour, barley malt, niacin, iron, thiamine, mononitrate, riboflavin, folic acid), whey, high fructose corn syrup...

Whole-Wheat Bread

| Nutrition Facts | |
|-----------------------------------------------------------|-----------------------------|
| Serving Size 1 slice (38g) | |
| Servings Per Container 18 | |
| Amount Per Serving | |
| Calories 90 | Calories from Fat 10 |
| %Daily Value* | |
| Total Fat 1g | 2% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | 0% |
| Cholesterol 0mg | 0% |
| Sodium 190 mg | 8% |
| Total Carbohydrate 18 g | 6% |
| Dietary Fiber 3g | 12% |
| Sugars 3g | |
| Protein 4g | |
| Vitamin A 0% • Vitamin C 0% | |
| Calcium 4% • Iron 6% | |
| * Percent Daily Values are based on a 2,000 calorie diet. | |

Ingredients:
 Whole-wheat flour, water, brown sugar, wheat gluten, soybean oil, wheat bran, yeast, salt, wheat germ, molasses, honey...

Regular Potato Chips

| Nutrition Facts | |
|-----------------------------------|------------------------------|
| Serving Size 30g (about 20 chips) | |
| Servings Per Container 6 | |
| Amount Per Serving | |
| Calories 160 | Calories from Fat 100 |
| %Daily Value* | |
| Total Fat 11g | 17% |
| Saturated Fat 0g | 18% |

Baked Potato Chips

| Nutrition Facts | |
|----------------------------------------|-----------------------------|
| Serving Size 1oz. (28g/about 10 chips) | |
| Servings Per Container About 6 | |
| Amount Per Serving | |
| Calories 120 | Calories from Fat 30 |
| %Daily Value* | |
| Total Fat 3g | 5% |
| Saturated Fat 0g | 0% |

Minipretzel Twists

| Nutrition Facts | |
|---------------------------------|-----------------------------|
| Serving Size 22 pieces (28g) | |
| Servings Per Container About 15 | |
| Amount Per Serving | |
| Calories 110 | Calories from Fat 10 |
| %Daily Value* | |
| Total Fat 1g | 1% |
| Saturated Fat 0g | 0% |



4.1

What I Ate and Drank during One Day

Name _____ Day _____

Directions: Write down everything you eat or drink (including water) during the day. It will be easiest if you write things down right after you eat or drink them. Include meals and snacks.

| Meal or Snack | What I Ate and Drank |
|---------------|----------------------|
| Breakfast | |
| Snack | |
| Lunch | |
| Snack | |
| Dinner | |
| Snack | |



4.2

MyPyramid For Kids

Eat Right. Exercise. Have Fun.

MyPyramid.gov

| Grains <small>Make half your grains whole</small> | Vegetables <small>Vary your veggies</small> | Fruits <small>Focus on fruits</small> | Milk <small>Get your calcium-rich foods</small> | Meat & Beans <small>Go lean with protein</small> |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Start smart with breakfast. Look for whole-grain cereals.</p> <p>Just because bread is brown doesn't mean it's whole-grain. Search the ingredients list to make sure the first word is "whole" (like "whole wheat").</p> | <p>Color your plate with all kinds of great-tasting veggies.</p> <p>What's green and orange and tastes good? Veggies! Go dark green with broccoli and spinach, or try orange ones like carrots and sweet potatoes.</p> | <p>Fruits are nature's treats – sweet and delicious.</p> <p>Go easy on juice and make sure it's 100%.</p> | <p>Move to the milk group to get your calcium. Calcium builds strong bones.</p> <p>Look at the carton or container to make sure your milk, yogurt, or cheese is lowfat or fat-free.</p> | <p>Eat lean or lowfat meat, chicken, turkey, and fish. Ask for it baked, broiled, or grilled – not fried.</p> <p>It's nutty, but true. Nuts, seeds, peas, and beans are all great sources of protein, too.</p> |
| <p>For an 1,800-calorie diet, you need the amounts below from each food group. To find the amounts that are right for you, go to MyPyramid.gov.</p> | | | | |
| <p>Eat 6 oz. every day; <small>at least half should be whole</small></p> | <p>Eat 2 1/2 cups every day</p> | <p>Eat 1 1/2 cups every day</p> | <p>Get 3 cups every day; <small>for kids ages 2 to 6, it's 2 cups</small></p> | <p>Eat 5 oz. every day</p> |
| <p>Oils Oils are not a food group, but you need some for good health. Get your oils from fish, nuts, and liquid oils such as corn oil, soybean oil, and canola oil.</p> | | | | |
| <p>Find your balance between food and fun</p> <ul style="list-style-type: none"> ■ Move more. Aim for at least 60 minutes everyday, or most days. ■ Walk, dance, bike, rollerblade – it all counts. How great is that! | | | | |
| <p>Fats and Sugars – know your limits</p> <ul style="list-style-type: none"> ■ Get your fat facts and sugar smarts from the Nutrition Facts label. ■ Limit solid fats as well as foods that contain them. ■ Choose food and beverages low in added sugars and other caloric sweeteners. | | | | |



U.S. Department of Agriculture
Food and Nutrition Service
September 2005
FNS-381



USDA is an equal opportunity provider and employer.





4.3

The New Food Guide Pyramid

The Food Guide Pyramid is one way for people to understand how to eat healthy. A rainbow of colored, vertical stripes represents the five food groups plus fats and oils. Here's what the colors stand for:

- orange — grains
- green — vegetables
- red — fruits
- yellow — fats and oils
- blue — milk and dairy products
- purple — meat, beans, fish, and nuts

The U.S. Department of Agriculture (USDA) changed the pyramid in 2005 because they wanted to do a better job of telling Americans how to be healthy. The agency later released a special version for kids. Notice the girl climbing the staircase up the side of the pyramid? That's a way of showing kids how important it is to exercise and be active every day. In other words, play a lot! The steps are also a way of saying that you can make changes little by little to be healthier. One step at a time, get it?





4.3

The Pyramid Speaks

Let's look at some of the other messages this new symbol is trying to send:

Eat a variety of foods. A balanced diet is one that includes all the food groups. In other words, have foods from every color, every day.

Eat less of some foods, and more of others. You can see that the bands for meat and protein (purple) and oils (yellow) are skinnier than the others. That's because you need less of those kinds of foods than you do of fruits, vegetables, grains, and dairy foods.

You also can see the bands start out wider and get thinner as they approach the top. That's designed to show you that not all foods are created equal, even within a healthy food group like fruit. For instance, apple pie would be in that thin part of the fruit band because it has a lot of added sugar and fat. A whole apple — crunch! — would be down in the wide part because you can eat more of those within a healthy diet.

Make it personal. Through the USDA's MyPyramid website, people can get personalized recommendations about the mix of foods they need to eat and how much they should be eating. There is a kids' version of the website available too.





4.3

How Much Do I Need to Eat?

Everyone wants to know how much they should eat to stay healthy. It's a tricky question, though. It depends on your age, whether you're a girl or a boy, and how active you are. Kids who are more active burn more calories, so they need more calories. But we can give you some estimates for how much you need of each food group.

Grains

Grains are measured out in ounce equivalents. What the heck are they? Ounce equivalents are just another way of showing a serving size.

Here are ounce equivalents for common grain foods. An ounce equivalent equals:

- 1 slice of bread
- ½ cup of cooked cereal, like oatmeal
- ½ cup of rice or pasta
- 1 cup of cold cereal
- * 4- to 8-year-olds need 4–5 ounce equivalents each day.
- * 9- to 13-year-old girls need 5 ounce equivalents each day.
- * 9- to 13-year-old boys need 6 ounce equivalents each day.





4.3

And one last thing about grains: Try make at least half of your grain servings whole grains, such as 100% whole-wheat bread, brown rice, and oatmeal.

Vegetables

Of course, you need your vegetables, especially those dark green and orange ones. But how much is enough? Vegetable servings are measured in cups.

- * 4- to 8-year-olds need 1½ cups of veggies each day.
- * 9- to 13-year-old girls need 2 cups of veggies each day.
- * 9- to 13-year-old boys need 2½ cups of veggies each day.

Fruits

Sweet, juicy fruit is definitely part of a healthy diet. Here's how much you need:

- * 4- to 8-year-olds need 1–1½ cups of fruit each day.
- * 9- to 13-year-olds need 1½ cups of fruit each day.

Milk and Other Calcium-Rich Foods

Calcium builds strong bones to last a lifetime, so you need these foods in your diet.

- * 4- to 8-year-olds need 2 cups of milk (or another calcium-rich food) each day.
- * 9- to 13-year-olds need 3 cups of milk (or another calcium-rich food) each day.





4.3

If you want something other than milk, you can substitute yogurt, cheese, or calcium-fortified orange juice—just to name a few.

Meats, Beans, Fish, and Nuts

These foods contain iron and lots of other important nutrients. Like grains, these foods are measured in ounce equivalents.

An ounce equivalent of this group would be:

- 1 ounce of meat, poultry, or fish
- ¼ cup cooked dry beans
- 1 egg
- 1 tablespoon of peanut butter
- ½ ounce (about a small handful) of nuts or seeds
- * 4- to 8-year-olds need 3–4 ounce equivalents each day.
- * 9- to 13-year-olds need 5 ounce equivalents each day.

Whoa! That's a lot to swallow. The good news is that your mom, dad, and the other grown-ups in your life will help you eat what you need to stay healthy. There's more good news — you don't have to become a perfect eater overnight. Just remember those stairs climbing up the side of the new pyramid and take it one step at a time.

Source: This information was provided by KidsHealth, one of the largest resources online for medically reviewed health information written for parents, kids, and teens. For more articles like this one, visit www.KidsHealth.org or www.TeensHealth.org. ©1995-2008. The Nemours Foundation





4.4

Did I Make Good Choices?

| Food Group | How Many Servings Did I Eat? | How Many Servings Should I Eat during a Day? | What Should I Try to Do in the Future? (Circle one choice for each food group.) |
|----------------|------------------------------|----------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Grains | | | <p>I should try to eat the same number of servings.</p> <p>I should try to eat more servings of grains.</p> <p>I should try to eat fewer servings of grains.</p> |
| Vegetables | | | <p>I should try to eat the same number of servings.</p> <p>I should try to eat more servings of vegetables.</p> <p>I should try to eat fewer servings of vegetables.</p> |
| Fruits | | | <p>I should try to eat the same number of servings.</p> <p>I should try to eat more servings of fruits.</p> <p>I should try to eat fewer servings of fruits.</p> |
| Milk | | | <p>I should try to eat the same number of servings.</p> <p>I should try to eat more servings of milk.</p> <p>I should try to eat fewer servings of milk.</p> |
| Meat and beans | | | <p>I should try to eat the same number of servings.</p> <p>I should try to eat more servings of meat and beans.</p> <p>I should try to eat fewer servings of meat and beans.</p> |
| Oils | | | <p>I should try to eat the same number of servings.</p> <p>I should try to eat more servings of oils.</p> <p>I should try to eat fewer servings of oils.</p> |

