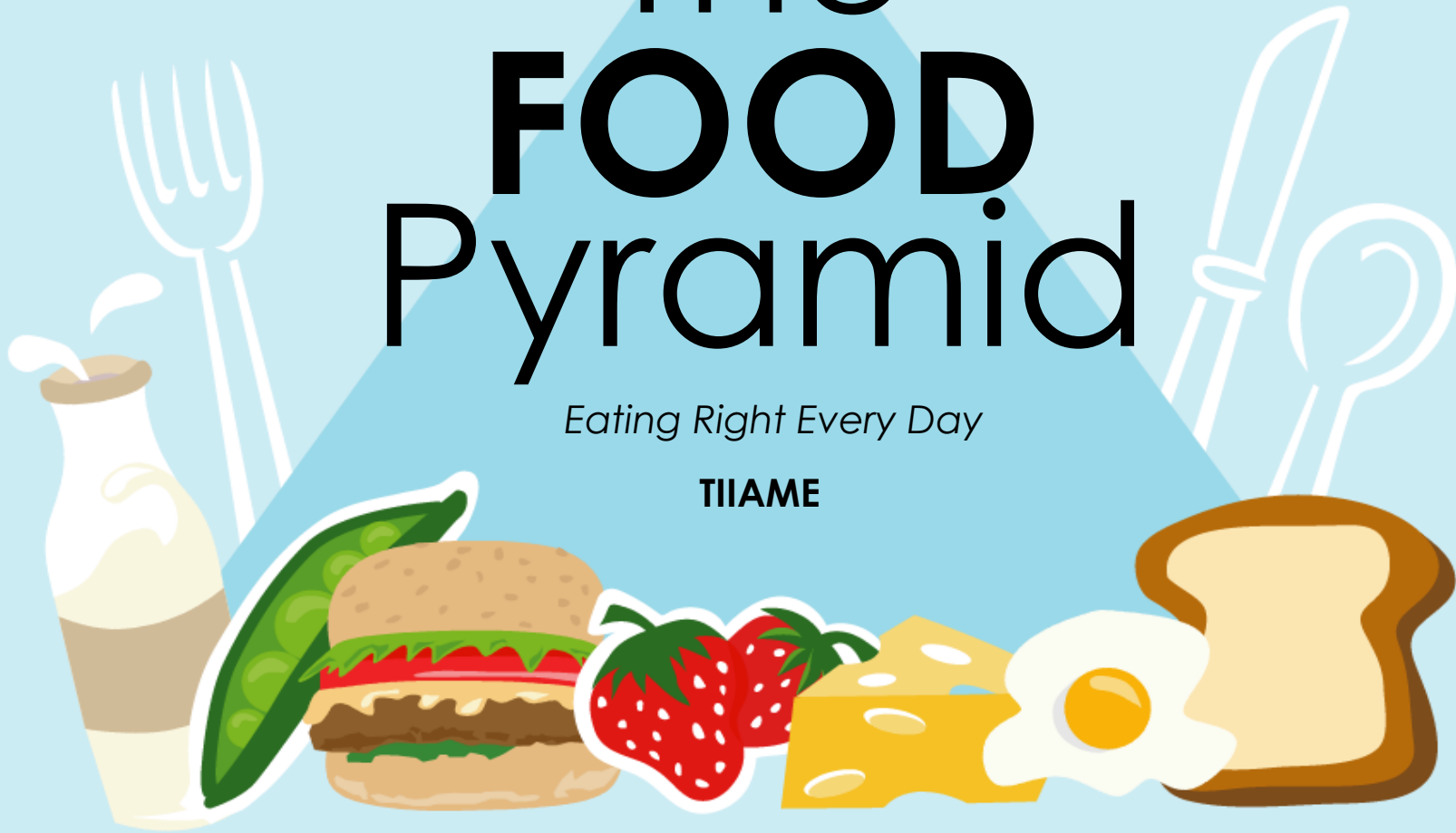


The **FOOD** Pyramid

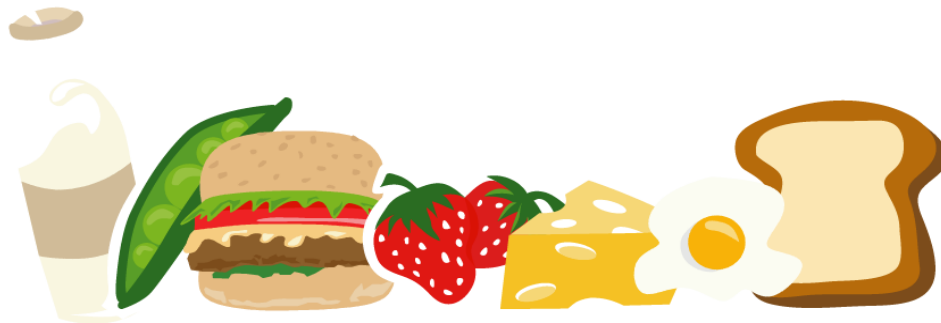
Eating Right Every Day

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Eating Right . . . Every Day!

- Good nutrition is important to good health. This will give your body energy and help you grow.
- Make “smart” choices from every food group.
- Eating foods from the Food Guide Pyramid and being physically active will help you grow healthy and strong!
- **Eat a variety of foods.** A **balanced diet** is one that includes all the food groups.
- We are going to explore the food guide pyramid to learn about the food groups.



The Food Guide Pyramid



Grains
6 oz.

Vegetables
2 ½ cups

Fruits
2 cups

Oils
Eat
Less

Milk
3 cups

**Meat &
Beans**
5 ½ oz.

Fruits

- Any fruit or 100% fruit juice counts as part of the fruit group. Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed.
- Apples, bananas, strawberries, grapes, lemons, oranges, cantaloupe, watermelon, peaches, and raisins are some examples of foods in the fruit group.
- Eat 2 cups every day.



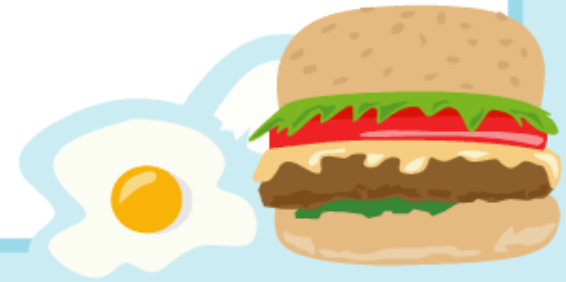
Vegetables

- Any vegetable or 100% vegetable juice counts as a member of the vegetable group.
- Vegetables may be raw or cooked; fresh, frozen, canned, or dried/dehydrated; and may be whole, cut-up, or mashed.
- Broccoli, carrots, corn, peas, green beans, tomatoes, squash, celery, cucumbers, lettuce, potatoes, cabbage are some examples of foods in the vegetable group.
- Eat 2 ½ cups every day.



Meats, Beans, and Nuts

- All foods made from meat, poultry, fish, dry beans or peas, eggs, nuts, and seeds are considered part of this group. Dry beans and peas are part of this group as well as the vegetable group.
- Most meat and poultry choices should be lean or low-fat. Fish, nuts, and seeds contain healthy oils, so choose these foods frequently instead of meat or poultry.
- Beef, lamb, pork, chicken, turkey, fish, tuna, crawfish, crabs, shrimp, eggs, beans, nuts, and sunflower seeds are some examples of foods in the meat group.
- Eat 5 ½ oz. every day.



Milk, Yogurt, and Cheese

- Milk and many foods made from milk are considered part of this food group.
- Most milk group choices should be fat-free or low-fat.
- Milk, yogurt, cheese, ice cream, and pudding are some examples of foods in the milk group.
- Need 3 cups every day.



Grain Group

- Any food made from wheat, rice, oats, cornmeal, barley or another cereal grain is a grain product.
- Bread, pasta, oatmeal, breakfast cereals, tortillas, popcorn, crackers, pretzels, noodles, and grits are some examples of foods in the grain group.
- Eat 6 oz. every day.



Fats, Oils, and Sweets

- Oils are fats.
- Cooking oil, butter, mayonnaise, chips, dips, and salad dressings are some examples of foods in the fat and oil group.
- Oily foods and fats should be eaten in very small amounts.
- Sweets have lots of sugar and have no vitamins or nutrients.
- Sweets and candy are also things you should eat less of.
- Candy, deserts, and soft drinks are some examples of foods in the sweet group.



Snacks

- When you get hungry between meals, choose a healthy snack.
- Any fruit or 100% fruit juice, water, or dried fruit, like raisins, would be healthy choices.
- Remember . . . **fewer** sweets, candy, and soft drinks.



Our School Lunch Menu

- Let's look at our school lunch menu to see how our cafeteria ladies plan meals for us to eat.

Milk
Spaghetti
Green Beans
Bread
Pears

Milk
Tacos
Corn
Salad
Cheese
Cinnamon Roll

Milk
Chicken with
Rice
Peas
Roll
Apple

- **Remember: Eat a variety of foods.** A **balanced diet** is one that includes all the food groups.



Eat Well and Stay Healthy!

- You may want to keep a daily food diary for a week.
- Don't forget daily physical activity is important, too.
- At the end of the week, check to see if you made healthy choices.
- What changes should you make to eat more healthy?
- Decide what changes you need to make for a healthier diet. Start by making small changes, like switching to low fat products, serving yourself extra servings of fruits and vegetables, and choosing healthy snacks.
- Make changes slowly until healthy eating becomes a good way of life. **You can make changes little by little, take one step at a time!**



Don't Forget . . .Physical Activity!

- Becoming a healthier you isn't just about eating healthy—it's also about physical activity. Regular physical activity is important for your health and fitness.
- Physical activity simply means movement of the body that uses energy. Walking, hiking, bicycling, swimming, dancing, gardening, briskly pushing a baby stroller, climbing the stairs, or playing soccer are all good examples of being active.
- Adults should be physically active for at least 30 minutes a day.
- Children and teenagers should be physically active for 60 minutes a day.



Congratulations!

Follow these steps for a healthier you!

- Make smart choices from every food group.
- Don't forget the physical activity.
And . . .
- You will feel better today.
- You will stay healthy for tomorrow.

[Looking for more information, click here!](#)



Resources

- <http://www.mypyramid.gov/index.html>
- Power Panther™ images
<http://www.fns.usda.gov/eatsmartplayhard/default.htm>