

**Fun, Fit,
and
Healthy**





Dietary Guidelines 2010

Selected Messages for Consumers

Take action on the Dietary Guidelines by making changes in these three areas.

Choose steps that work for you and start today.

Balancing Calories

- Enjoy your food, but eat less.
- Avoid oversized portions.

Foods to Increase

- Make half your plate fruits and vegetables.
- Switch to fat-free or low-fat (1%) milk.

Foods to Reduce

- Compare sodium in foods like soup, bread, and frozen meals—and choose the foods with lower numbers.
- Drink water instead of sugary drinks.



Balancing Calories

- Enjoy your food, but eat less
 - Calories
 - Read Labels
 - Compare
 - Hunger Cues
 - Homemade
 - Eating Out
 - Portion Sizes

Nutrition Facts

Serving Size 1 cup (228g)

Servings Per Container 2

Amount Per Serving

Calories 250 **Calories from Fat** 110

% Daily Value*

Total Fat 12g **18%**

Saturated Fat 3g **15%**

Trans Fat 3g

Cholesterol 30mg **10%**

Sodium 660mg **28%**

Potassium 700mg **20%**

Total Carbohydrate 31g **10%**

Dietary Fiber 0g **0%**

Sugars 5g

Protein 5g

Vitamin A 4% Vitamin C 2%

Calcium 15% Iron 4%

* 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	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Start here

Check Calories

Quick Guide to % DV

5% or less is low

20% or more is high

Limit these

Get enough of these

Footnote

14 Inch Large Cheese Pizza” Compared (1 slice, no toppings)

Fast Food Restaurant	Type	Serving Size (g)	Calories ▼	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbs (g)	Sodium (mg)
Little Caesars	14" Round HOT-N-READY Pizza	94	200	7	3.5	0	25	340
Domino's Pizza	14" Classic Hand-Tossed	121	290	9	3.5	0	42	470
Papa John's	14" Original Crust Pizza	132	300	11	3.5	0	39	750
Pizza Hut	14" Large Pan Pizza	146	390	19	7	0	38	800

Menu Item	Msr	Cals (kcal)
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Tortillas

6" Flour Tortilla	1 ea	150
12" Flour Tortilla	1 ea	420
6" Wheat Flour Tortilla	1 ea	170
12" Wheat Flour Tortilla	1 ea	430
6" Corn Tortilla	1 ea	70



Café Rio Pork Salad with everything (including dressing)

Calories	1210	Sodium	2165 mg
Total Fat	52 g	Potassium	0 mg
Saturated	19 g	Total Carbs	138 g
Polyunsaturated	0 g	Dietary Fiber	13 g
Monounsaturated	0 g	Sugars	17 g
Trans	2 g	Protein	37 g
Cholesterol	68 mg		
Vitamin A	0%	Calcium	0%
Vitamin C	0%	Iron	0%

Avoid Oversized Portions

Portion Sizes

SERVING

1 oz. = 1 thumb



3 oz. = size of a deck of cards



1 cup = a fist



1 tsp = a thumb tip



¼ cup = a golf ball



2 Tbsp = a large marshmallow



1 oz. = 4 dice



Foods To Increase

- Make half your plate fruits and vegetables
 - Power Foods
 - Color
- Make at least half your grains whole grains



Foods To Decrease

- Foods and Drinks with added sugar



- Food and Drinks high in sodium



Eating Tips

- Eat every 3-5 hours
- Balance meals and snacks with carbs, proteins, and fats
- Eat fruits and vegetables at every meal.
- Prepare your own where possible

Snack Ideas

- Nutrition Gaps
- In your bag, at the desk
 - Nuts
 - Dried Fruit
 - Fresh Fruit
 - String cheese
 - Granola bars
 - Low fat yogurt
 - Seeds (sunflower seeds)
 - Popcorn
 - Graham crackers



Snacking is vital to little growing bodies! Kids need to eat smaller meals, more often because they have smaller stomachs! With proper planning and shopping, their snacks can be a great way to get much nutrients needed in a day. Use snack time to fill in the gaps left by their meals and have a balanced day.

Homemade snacks

- Granola bars
- Air-popped popcorn
- Homemade mini-muffins
- Smoothies
- Banana, rolled in nuts and frozen for 15 minutes.
- Cubed fruit and cheese skewer
- Cubed cheese and olive on skewer
- Lean ham wrapped around pretzel
- Peanut Butter balls
- Dips for veggies, fruit or crackers.
- Fruit kabobs
- Cottage cheese and fruit
- Fruit pureed popsicles
- Fruit salad

Fast/ Anytime Snacks

Snacks need to be convenient and not labor intensive. Use any of these great ideas in a pinch.

- String cheese (\$0.17)
- Baby carrots
- Pretzels
- Yogurt
- Hard boiled egg
- Dried fruit
- Apples dipped in peanut butter
- Trail mix
- Nuts
- Pita Bread dipped in hummus
- Mini bagels with cheese
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Packaged snack ideas

- Fruit leather
- Granola bars (under \$0.20 per bar)
- Canned fruit (or fruit bowls)
- Graham Crackers
- Graham crackers with a dip like yogurt.
- Gold fish
- Mini Rice Cakes
- Applesauce



For more ideas and tips on feeding your family healthier food, visit <http://blog.superhealthykids.com>

PANTRY SNACKS

Granola bars
Popcorn
Mini Muffins
Fruit leather
Canned Fruit
Dried Fruit
Fresh Fruit
Rice Cakes
Bagels
Trail Mix
Pita Bread
Pretzels
Graham Crackers
Goldfish
Applesauce
Nuts

For more ideas visit www.superhealthykids.com

FRIDGE SNACKS

String Cheese
Yogurt
Smoothies
Fruit
Cheese
Cottage cheese
Fruit salad
Frozen Fruit Popsicles
Dips
Hard boiled eggs
Carrots
Broccoli
Celery

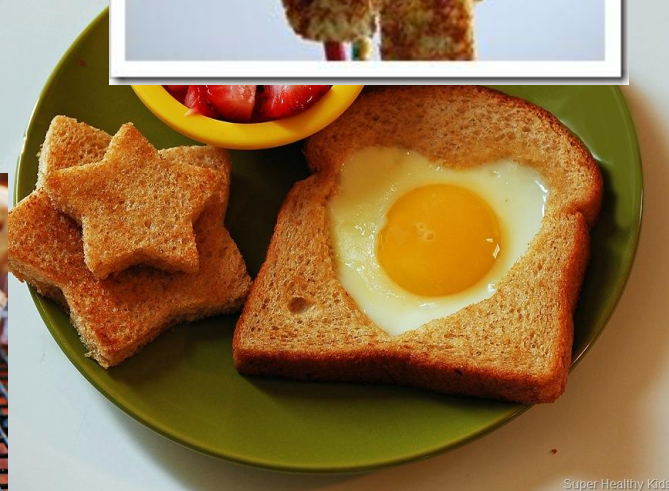
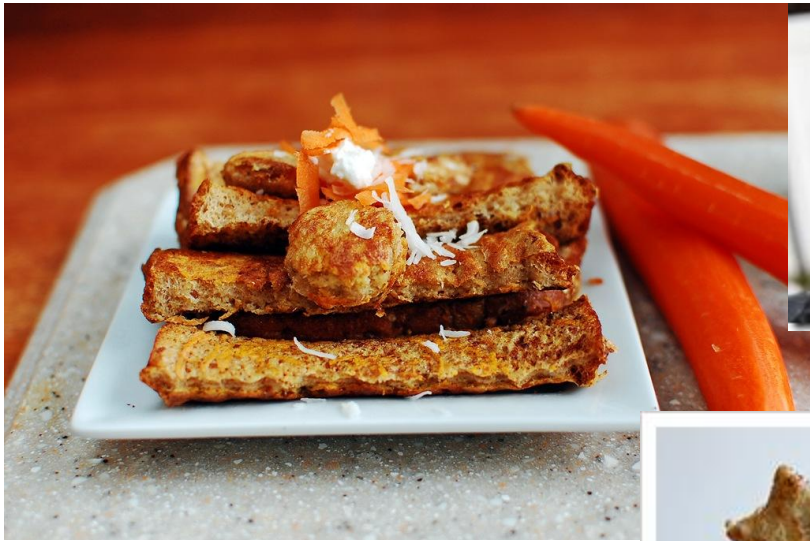
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Snack Ideas for Kids



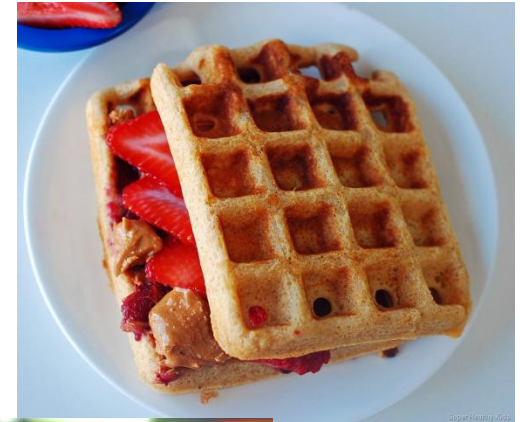
Breakfast Ideas

- Mix cereals. Try half plain cheerios with half honey nut cheerios. If kids (or you) love sugary cereals, try $\frac{1}{4}$ cup favorite cereal with $\frac{3}{4}$ cup healthy alternative.
- Smoothies. Blend juice, yogurt, and frozen berries. Favorite add-ins. Protein powder, flax oil
- Yogurt, fruit and cereal
- Whole wheat pancakes or waffles with berries and nuts.
- Scrambled eggs with vegetables. Rolled in whole wheat tortilla.
- Homemade mini muffins with fruit and nuts.



Lunch Ideas

- Whole grains (Vary the bread: Whole wheat pita, whole wheat bread, WW bagel, ww tortilla, ww dinner rolls, pizza crust, pita bread, crackers- or you could always include noodles, cereal, oatmeal, etc.)
- Vegetables (carrots, broccoli, lettuce, sprouts, tomatoes, peppers)
- Fruits (apples, oranges, kiwi, 100% juice)
- Protein (nut butters, deli meats, eggs,)



Kid Friendly Meal Ideas

- Focus on foods to include
- Keep servings appropriate
- Expose kids to a variety of tastes and flavors
- Consistently offer healthy foods
- Plan 7-10 meals with your children to be recycled every 2 weeks.
- Shop often enough so kids have access.
- Make it taste good!

Kid Friendly Dinner



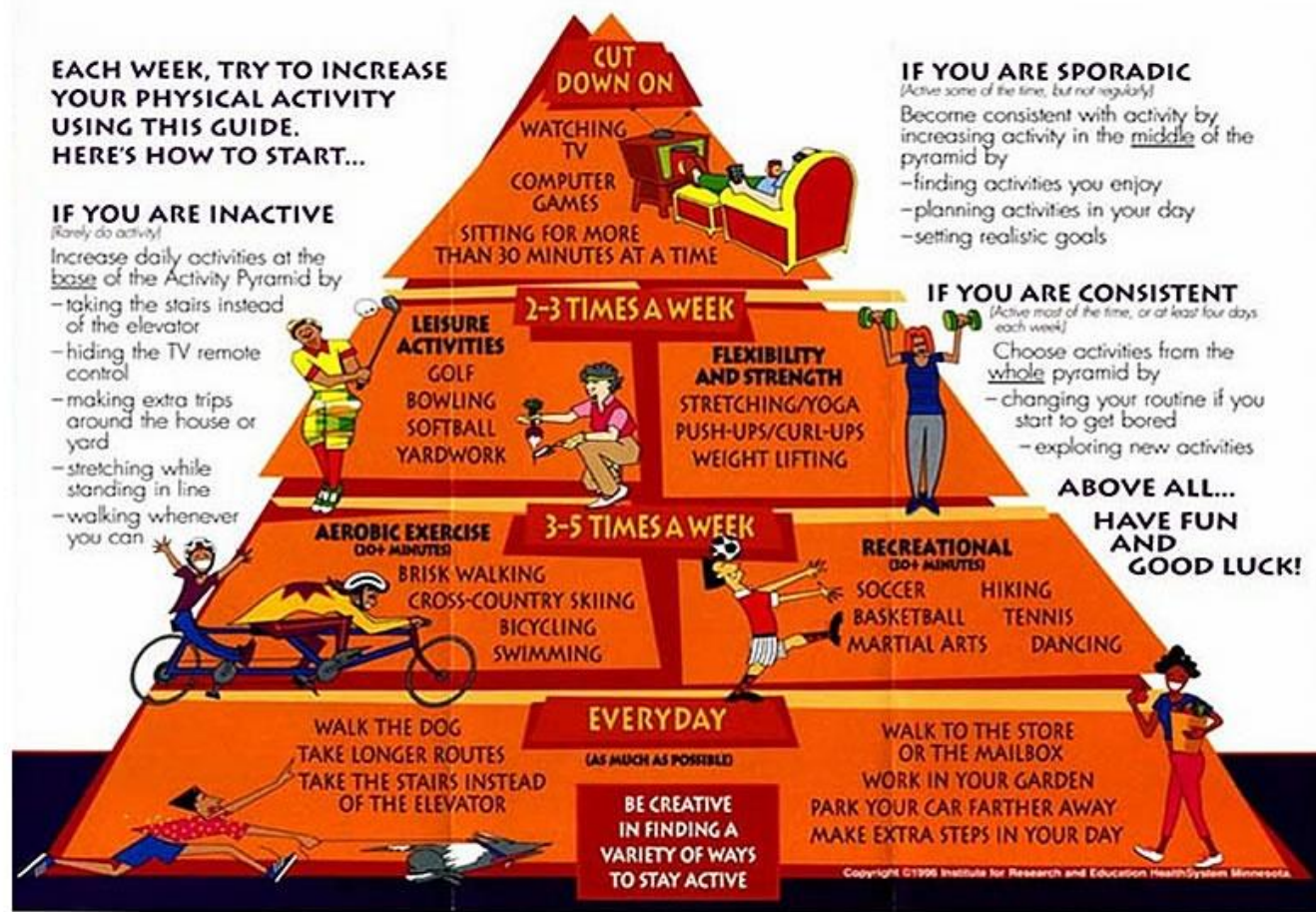
Empower The Kids

- Let them assist with preparation
- Remember: All things in moderation
- Don't fight with them, just keep offering. It takes many experiences for a child to try a new food.
- Keep junk food out of the house, and teach them it's for special occasions.
- Make small changes like substitutions in baking. Lower the sugar in any recipe.
- Educate the kids on reasons to eat well. They will be happier, have more energy, grow big muscles, get smarter, be sick less often, etc.

Fitness

- Benefits of Recreation
 - Reduces depression
 - Strengthens psychological well-being
 - Builds self esteem
 - Reduces anxiety
 - Improves coping skills
 - Increases short and long term memory.
 - Maintain productivity
 - Increase strength and endurance
 - Build family unity

Adult Activity Pyramid



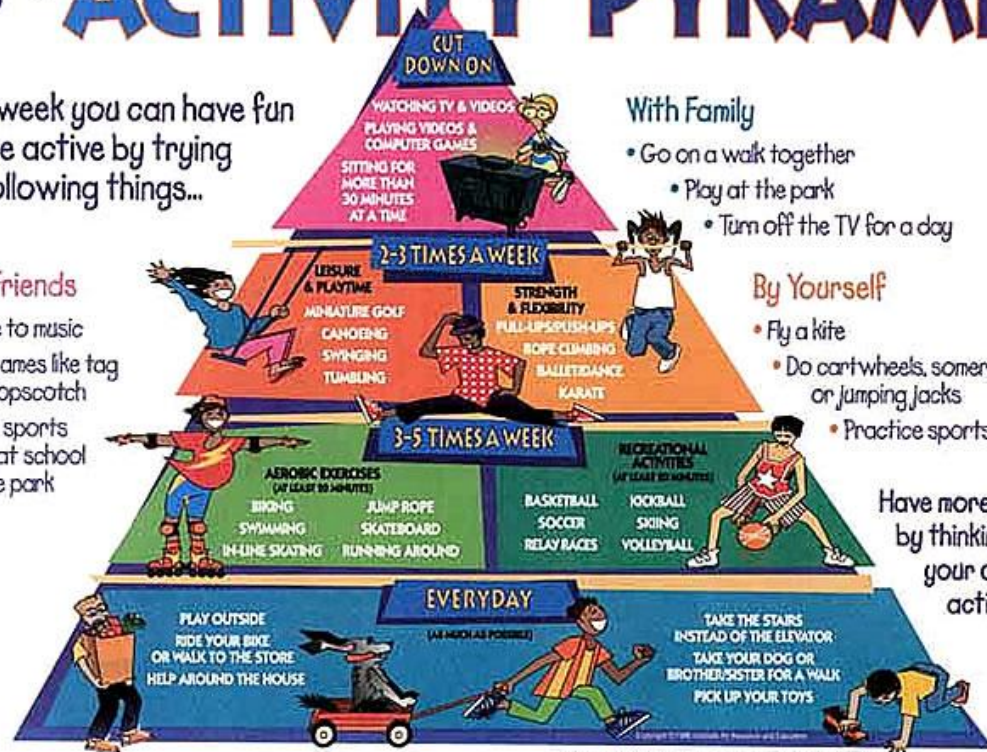
Kids Activity Pyramid

THE kid's ACTIVITY PYRAMID

Each week you can have fun and be active by trying the following things...

With Friends

- Dance to music
- Play games like tag and hopscotch
- Join a sports team at school or the park



With Family

- Go on a walk together
- Play at the park
- Turn off the TV for a day

By Yourself

- Fly a kite
- Do cartwheels, somersaults or jumping jacks
- Practice sports skills

Have more fun by thinking up your own activities!

For additional copies, call 1-800-372-7776.

Exercise At The Office

- Exercise at your desk
- Take fitness breaks
- Trade office chair for fitness ball
- Stand up!
- Walk at lunch

Exercise At Your Desk

- Stretch



- Strength

