

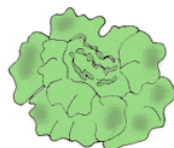


# KidStriders Nutri-Thon™

## November: The Food Guide Pyramid



"Steps to a Healthier You" is the central message of the current USDA food guidance system, found at [www.MyPyramid.gov](http://www.MyPyramid.gov). It is intended to help Americans choose the appropriate foods and amounts to stay healthy. MyPyramid.gov acknowledges that one size does not fit all when it comes to your health. The MyPyramid.gov website allows you to enter your age, gender, and activity level to get personalized recommendations. It also provides information to help you balance food intake with physical activity.

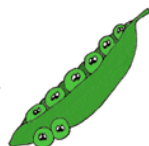


### "LETTUCE" TALK ABOUT IT

- The key messages of MyPyramid.gov are: make half your grains whole (to increase fiber intake); vary your veggies; focus on fruits; get your calcium-rich foods (choose low or non-fat products to promote bone health); and go lean with protein (choose lean products to keep fat intake down).
- Different foods within each food group contain a variety of nutrients that are important for proper nutrition. The goal is to promote variety, moderation, and activity. In general, a balanced diet containing foods from all of the food groups offers the best nutritional value for a heart-healthy diet.
- Sugary sodas, candies, sweets, and other unhealthy snacks offer little more for the body than extra calories meaning that few other nutrients are provided. The consumption of these products should be kept to a minimum and should be

### "PEAS" TAKE A MOMENT TO VISIT

[www.mypyramid.gov](http://www.mypyramid.gov). There's great stuff for both parents and kids including the My Pyramid Blastoff Game!



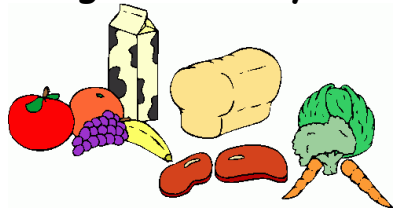
### Table Talk

#### Use these ideas as conversation starters at the dinner table:

- Talk about where fruits and vegetables come from. Discuss that they are grown on farms and do not "magically" appear on the grocery store shelves.
- Which fruits and vegetables are grown in Iowa? What are your favorites?
- Discuss barriers to eating fruits and vegetables and how to overcome them. Why is it hard for you to eat enough fruits and veggies? What can be done to change that?
- Let children choose which fruit or vegetable is served for dinner each night. Talk about why they chose what they did.
- Encourage everyone to try at least one new fruit or vegetable this month. What will it be?
- Discuss how one or more vegetables are used in different cuisines from different cultures: for example, tomatoes can be used in pasta sauce (Italy), in salsa (Mexico), gazpacho (Spain), and sliced on a hamburger (U.S.A.).

## THE GOAL:

Consume a variety of appropriate foods in the right amounts every day to get and stay healthy!



## PICK YOUR CHALLENGE:

- Do a food group inventory at home. Does it match the food pyramid recommended types of foods? If not, make a list of foods you need so that it does match the recommendations.
- Write a grocery list with at least one item from each food group. Focus on whole grains, a variety of fruits and vegetables, low-fat dairy and calcium-rich foods, and lean protein sources.
- Plan a meal with at least 1 item from each food group & at least 1 you've never tried before.
- Take a closer look at foods offered for school lunch to see if they follow the MyPyramid.gov guidelines.
- Design a "Food Group" Pizza. Make sure all the food groups are on the pizza and in the proper proportions. Now can you make it?
- Write a story about where your favorite foods come from.



# November 2009

## The Food Guide Pyramid

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
WE HOPE YOU CHOOSE TO MAKE HEALTHY FOOD AND PHYSICAL ACTIVITY CHOICES EVERY DAY, BUT WE'VE LISTED SOME HERE IN CASE YOU NEED SOME IDEAS.					Go to <a href="http://www.mypyramid.gov">www.mypyramid.gov</a> and print out your personalized food pyramid.	
8	8	10	11	12	13	14
		Track which food groups you eat from today.			Eat at least two whole grain products today.	
15	16	17	18	19	20	21
			Go to <a href="http://www.mypyramid.gov">www.mypyramid.gov</a> and play the interactive My Pyramid Blast Off Game.			
22	23	24	25	26	27	28
	Drink a glass of milk today (dairy, soy, rice or almond)			How many food groups did you eat from today?		
29	30	<b>"FIT" THIS IN: Don't forget physical activity!</b> *Rake the leaves and then jump in them and rake them up again! *Make an after-dinner walk part of your Thanksgiving tradition. *Turn on some music and do the Turkey trot! Or just dance any way that makes you happy!				
	Watch your sweets intake (no more than 1 a day)					