



Dear Students,

1
Student
Reproducible

Welcome to a nutrition education program brought to you by the United States Department of Agriculture's Team Nutrition and your school. The goal of Team Nutrition is simple — to improve your health by empowering you to:

- Eat a variety of foods
- Eat more fruits, vegetables, and grains
- Eat lower fat foods more often;
- Be physically active.

As teenagers, you are now making choices about many areas of your health. Although your parents or other adults make decisions about some of the food you eat at home, you are making many of your food choices — especially snacks and mini-meals. The responsibility to maintain your good health will soon be yours alone. Therefore, we created these 8 pages, full of facts, food tips and recipes, to help you make decisions about the foods you eat and to encourage you to be physically active.

▶ What is a healthy diet?

The following **Dietary Guidelines for Americans**, developed by the USDA and the U.S. Department of Health and Human Services, contain the best, most up-to-date advice from nutrition scientists.

..... ★
This is the first

... of eight pages your teacher will photocopy for you. Each page deals with a different aspect of nutrition, and is related to what you learn in school.

AIM FOR FITNESS...

- ▲ Aim for healthy weight.
- ▲ Be physically active each day.

BUILD A HEALTHY BASE...

- Let the Pyramid guide your food choices.
- Choose a variety of grains daily, especially whole grains.
- Choose a variety of fruits and vegetables daily.
- Keep food safe to eat.

CHOOSE SENSIBLY...

- Choose a diet that is low in saturated fat and cholesterol and moderate in total fat.
- Choose beverages and foods to moderate your intake of sugars.
- Choose and prepare foods with less salt.

Unfortunately, most people do not consume a diet that meets the Dietary Guidelines outlined above. Fewer than one in five students eat the recommended amount of servings of fruit and vegetables daily. Team Nutrition needs you to join in and make food choices for healthy eating.

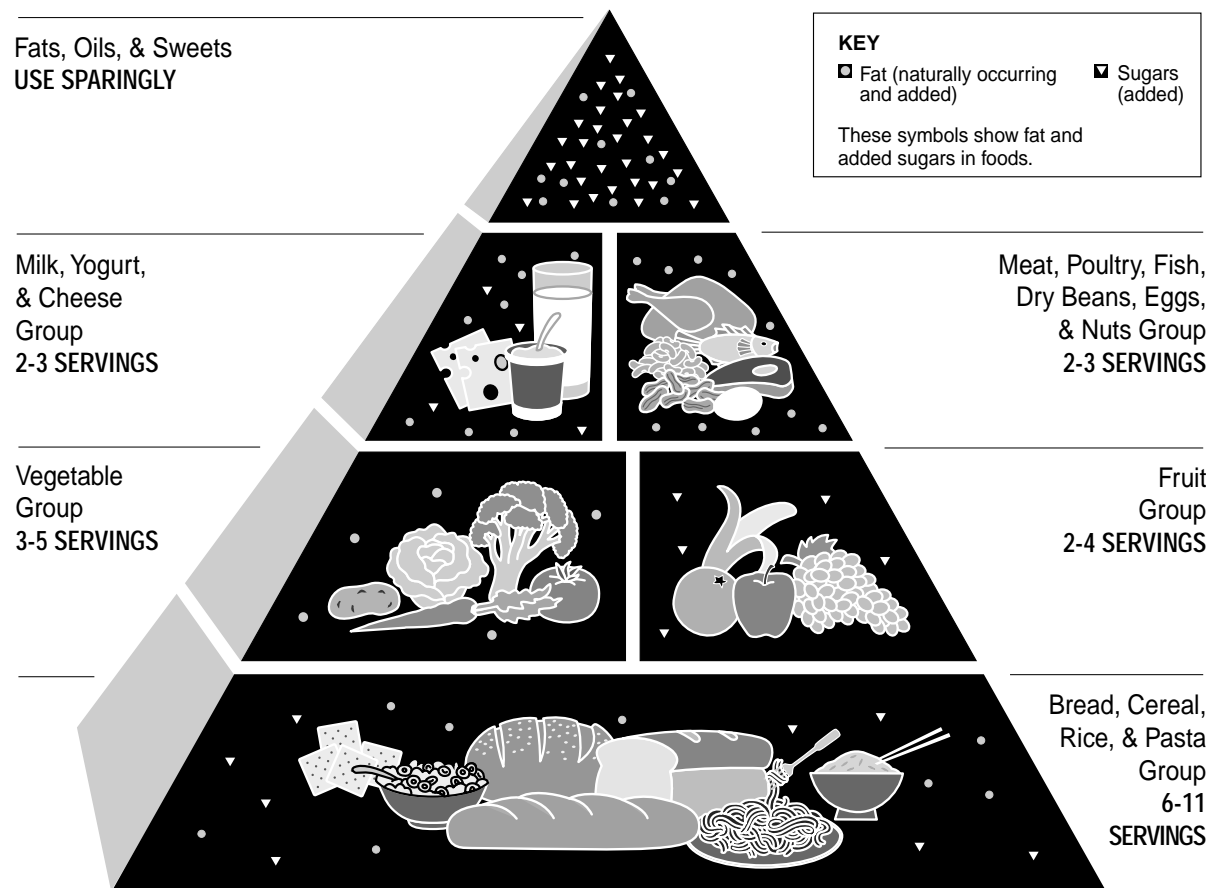
Thanks for joining
Team Nutrition.

Building Healthy Meals & Snacks



The U.S. Department of Agriculture's Food Guide Pyramid is a guide you can use to assess your eating habits. It presents guidelines for choosing foods that provide the right balance of vitamins, minerals, and other nutrients and examples of typical serving sizes. Use this guide to choose foods and create tasty snacks.

The Food Guide Pyramid



Source: U.S. Department of Agriculture/U.S. Department of Health and Human Services

► *Use this guide to choose foods and create tasty snacks.*



REMEMBER!

Fun Tips!



Using the Dietary Guidelines at Home

The Dietary Guidelines can help you select foods to grow, be healthy, and look and feel good. Here are 10 ideas to help you follow the dietary guidelines and get lots of exercise.



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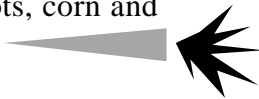
Fuel Up on Fruit

Eat a fruit for a snack or with a meal. Try orange slices, a fruit kabob, or 100% fruit juice.

2

Vary Your Vegetables

Bite on beans and broccoli; crunch on carrots, corn and cauliflower.



3

Grab Grains

Devour spaghetti, rice, cereal, or other grains for power.



4

Blast Off with Breakfast

It doesn't have to be boring — feast on leftovers, peanut butter and bananas on toast — Use your imagination!

5

Map Out Lowfat Meat Meals

Pick out a new recipe using lean pork or beef, tofu, beans or chicken; add foods to the shopping list, or help cook.

6

Find the Fat

Check out the food label to help you pick foods lower in



Snack Smart

Try a milk smoothie — blend lowfat milk or plain yogurt with fruit or juice — that's Smart Yet Satisfying!

8

Pick from the Pyramid!

Total up your numbers of servings from the 5 major food groups from the Food Guide Pyramid.



9

Try New Tastes

Have a new food each day. Try a new vegetable like jicama; taste yogurt, pita bread, dried apricots, turkey sausage...

10.

Move Your Muscles

Be more active every day. Climb stairs, walk to school!

Pyramid Snacks



Not all of us consume the amount of food in regular meals that will meet all our dietary needs, so snacks are an important part of our diet. Just as when you eat meals, when you select snack foods, you need to keep an eye on your main goal — a balanced diet. Here are some ideas for healthy snacks that you can try out.

SNACK MIX

Are you always on the go? Do you participate in active sports like hiking or cross-country skiing? If so, then this mix is an ideal snack for you. It has only half the fat of a one-fourth cup serving of salted peanuts and 144 milligrams less sodium.

- 1 cup pretzels, unsalted
- 1 cup roasted peanuts, unsalted
- 1 cup raisins
- ½ cup sunflower seeds, unsalted

12 SERVINGS
about ¼ cup each

Per serving:
Calories 150
Total fat 9 grams

1. Break pretzels into bite-size pieces.
2. Mix ingredients together.
3. Store in airtight container.

SALSA

A fat-free, low-sodium vegetable dip that provides vitamin C and vitamin A too.

- 8-ounce can “no-salt-added” tomato sauce
- 1 tablespoon chili peppers, canned, drained, finely chopped
- ¼ cup green pepper, finely chopped
- 2 tablespoons onion, finely chopped
- 1 clove garlic, minced
- ¼ teaspoon oregano leaves, crushed
- ½ teaspoon ground cumin

Makes about 1 cup

Per tablespoon:
Calories 5
Total fat Trace

1. Mix all ingredients thoroughly.
2. Chill before serving to blend flavors.
3. Serve with toasted pita bread, breadsticks, or raw vegetable pieces.

CURRY VEGETABLE DIP

Dress up vegetables in a lowfat way.

- 8-ounce carton plain, lowfat yogurt
- ¼ cup carrots, shredded
- 2 teaspoons green onions, minced
- 1 tablespoon mayonaise-type salad dressing
- 1 teaspoon sugar
- ¼ teaspoon curry powder
- dash pepper

Makes about 1 cup

Per tablespoon:
Calories 15
Total fat 1 gram

1. Mix ingredients in a bowl.
2. Chill.
3. Serve with crisp raw vegetable pieces, such as celery, carrot, broccoli, or summer squash sticks.

OTHER SNACK IDEAS

When you want something:

- **Juicy:** fruits
- **Crispy:** pumpkin seeds, carrot sticks, cucumber strips, toast, cereal mixed with nuts
- **For warmth:** soups, cider, herbal tea
- **For thirst:** vegetable and fruit juices, or fruit and yogurt shakes

Understanding The New Nutrition Facts Label



The new Nutrition Facts label makes it easier for you to know what is in the food you eat. Comparing these labels will help you to know which foods have lower fat or fewer calories, which foods make healthy snacks, and which are acceptable for special diets. Use the new label to make informed food choices that will benefit you.

Nutrition Facts

This is the new label heading.

Calories

Allows you to compare the calorie content per serving. When comparing similar foods be sure to check that the serving sizes are the same.

Nutrition Panel

The nutrients required to appear on the nutrition panel are those most important to the health of people today, most of whom need to worry about getting too much of certain items (fat, for example), rather than too few vitamins or minerals, as in the past.

Conversion Guide

Reveals the calorie value of the energy-producing nutrients.

Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving

Calories 260 Calories from Fat 120

% Daily Value*

Total Fat 13g	20%
Saturated Fat 5g	25%
Cholesterol 30mg	10%
Sodium 660mg	28%
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

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Serving Size Information

Serving sizes are given in both household and metric measures, and reflect the amounts people actually eat.

% Daily Value

Shows how a food in the specified amount fits into the overall daily diet. Higher percentages mean greater amount of nutrients.

Reference Values

This section helps you learn good diet basics. These figures can be adjusted, depending on a person's calorie needs.

PERCENTAGE!



Be a Fat Buster!



Take a look at the fat content of different foods. Reading the nutrition label will help you learn about the types of foods that are likely to be high or low in fat. Share this information with your family and friends, and use it to track down the fat in your own food choices.

with a lower-fat food choice. When eating at a restaurant, ask for dressings and sauces to be put on the side. You can then put on as much or as little as YOU choose. Some restaurants and fast food chains provide nutrition information. Ask for it to make informed choices.



Line up your snacks in order of fat content. Decide if you want to balance a high-fat snack

How Do You Score On Fat?

Do the foods you eat provide more fat than is good for you? Answer the questions below, then see how your diet stacks up.

How often do you eat:

	Seldom or Never	1 or 2 Times a Week	3 to 5 Times a Week	Almost Daily
1. Fried, deep-fat-fried, or breaded foods?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Fatty meats such as sausages, luncheon meats, or heavily marbled steaks and roasts?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Whole milk, regular hard cheeses, or ice cream?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. High-fat desserts such as pie, pastries, or rich cake?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Rich sauces or gravies or regular salad dressings?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Breads with lots of fat such as croissants or rich muffins?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Whipped cream, table cream, sour cream, or cream cheese?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Butter or margarine on vegetables, dinner rolls, or toast?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>







Take a look at your answers. If you have several responses in the last two columns, this indicates that you may have a high fat intake. You can cut back on the amount you eat as well as the number of times you eat fatty foods.



How much fat is that?

It's hard to visualize a gram of fat, but it also measures 1/4 of a teaspoon. It takes only 4 grams of fat to fill a teaspoon. Now try to visualize fat in other foods when you read the food labels.

 = 0
Celery & Carrot Sticks no fat

 = 
Croissant 3 teaspoons of fat

 = 
Slice of Bread 1/4 teaspoon of fat

 = 
2 Frankfurters (3 oz.) 7 teaspoons of fat

 = 
3 oz. lean beef from lean cut 1 teaspoon of fat

Get Energized!



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Student
Reproducible

Along with making healthy eating choices, you know that to have a strong body, you need to do plenty of physical activities. You can become involved in sports at school or in the community. At home, you can reinforce the tie between eating, energy, exercise, and good health by trying some of the activities suggested below.

▶ Outdoor Fitness Fun!

You know it can be great to be outside and being active in the great outdoors makes the experience even more special. Try these fitness-fun ideas together:

Exercise on your next date. Go rollerblading or take a walk in the park. Rent a tandem bike. Earn money while getting fit. Wash your neighbor's car, or walk someone's dog. Mow a lawn, paint a fence, rake a neighbor's

leaves or shovel their snow. Get together with your friends and shoot a few baskets. Go skateboarding or play street hockey.

You can keep moving, even indoors

Being active doesn't have to mean doing exercise or sports. If the weather keeps you indoors you can still keep fit.

Do your chores. Yes, even those boring chores burn calories. Cleaning your room uses as many calories in a minute as a relaxed-pace bike ride. Vacuuming and scrubbing the floor use up even more calories.

Have a dance party. Dancing is a fun way to move. You and your friends can dance any time. Invent a dance to go along with your favorite song. Get your parents to instruct you on how to do their favorite dances.

Do more than one thing at a time. Do some abdominal exercises or leg raisers when watching television. Do stretches or yoga while talking on the phone.

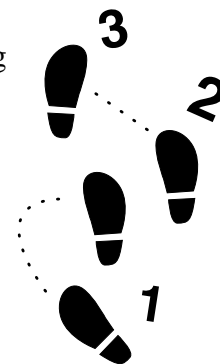
Wear comfortable clothing and footwear when you exercise.

Do simple stretches to loosen up the muscles before exercising.

Don't overdo it! Stop when you get tired.

Take deep breaths and cool down after you exercise.

Drink plenty of fluids afterwards to replace fluids that your body loses when you exercise.



FITNESS TIPS

Super Good-For-You Snacks



What do you have to do to eat low-sugar, lowfat snacks? These easy-to-make recipes are a great place to start! Cooking offers you a chance to enjoy a project you can eat!

CHILI POPCORN

Prepare the popcorn in a microwave oven or hot air popper. The small amount of fat added to the popcorn is just enough to make the other seasonings stick to the popcorn kernels.

- 1 quart popcorn, popped
- 1 tablespoon margarine, melted
- 1½ teaspoons chili powder
- ¼ teaspoon ground cumin
- dash garlic powder

4 SERVINGS, 1 cup each

Per serving:
Calories 50
Total fat 3 grams
Saturated fatty acids 1 gram
Cholesterol 0
Sodium 42 milligrams

1. Mix hot popcorn and margarine.
2. Mix seasonings thoroughly. Sprinkle over popcorn. Mix well.

FRUIT-JUICE CUBES

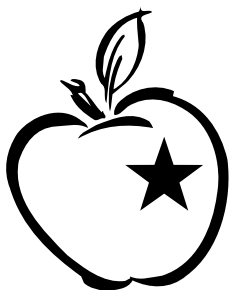
Are you looking for an afternoon snack that is cool, refreshing, and different? Both teenagers and adults will enjoy these bite-size fruit-juice cubes. They are a good replacement for sugary drinks, which supply almost no vitamins or minerals.

- 1½ tablespoons (1½ envelopes) unflavored gelatin
- ¾ cup water
- 6-ounce can frozen grape or apple juice concentrate

45 CUBES

Per cube:
Calories 10
Total fat Trace
Saturated fatty acids Trace
Cholesterol 0
Sodium 1 milligram

1. Very lightly grease 9" x 5" loaf pan or plastic ice cube tray
2. Soften gelatin in water in a saucepan for 5 minutes.
3. Heat over low heat, stirring constantly, until gelatin dissolves. Remove from heat.
4. Add fruit-juice concentrate; mix well. Pour into ice cube tray.
5. Cover and refrigerate. Chill until set.
6. Cut into 1-inch cubes and serve.



MEXICAN SNACK PIZZAS

A lowfat, low-calorie pizza with a Mexican flavor. The beans and whole-wheat muffins give a fiber boost.

4 SERVINGS

Per pizza:
 (½ English muffin)

Calories 95
Total fat 2 grams
Saturated fatty acids 1 gram
Cholesterol 4 milligrams
Sodium 300 milligrams

1. Split muffins; toast lightly
2. Mix puree, beans, onion, green pepper, and oregano. Spread on muffin halves. Sprinkle with cheese.
3. Broil until cheese is bubbly (about 2 minutes).
4. Garnish with shredded lettuce.

- 2 whole-wheat English muffins

- ¼ cup tomato puree

- ¼ cup canned kidney beans, drained, and chopped

- 1 tablespoon onion, chopped

- 1 tablespoon green pepper, chopped

- ½ teaspoon oregano leaves

- ¼ cup mozzarella cheese, part skim milk, shredded

- ¼ cup lettuce, shredded

OTHER SNACK IDEAS

- **Creamy:** Lowfat pudding or custard
- **Crunchy:** Bread, sprinkled with parmesan cheese, then broiled
- **Spicy:** Salsa and toasted pita bread
- **Savory:** Mashed, cooked beans mixed with lemon juice, onion powder, and herbs. Eat as a dip with toast.