

# Summary: Sharing Session Outcomes and Key Messages

| Sharing Session Topics  | Actionable Outcomes  | Key Messages for Parents  |
|---|--|---|
| <p><b>1.</b> MyPyramid: Steps to a Healthier You</p>            | <p>For parents who participate in these workshops, they can:</p> <ul style="list-style-type: none"> <li>• Understand the MyPyramid graphic and where to go for more information.</li> <li>• Use MyPyramid to make foods choices for their family.</li> <li>• Know the kinds of foods they and their child need each day.</li> <li>• State that physical activity is needed daily.</li> </ul> | <ul style="list-style-type: none"> <li>• Choose a variety of foods from the five MyPyramid Food Groups to get the nutrients you and your child need.</li> <li>• Use MyPyramid.gov to get nutrition ideas for each family member.</li> <li>• Get the family to be physically active every day.</li> </ul>  |
| <p><b>2.</b> How Much Do You Eat? Estimate Amounts of Foods</p> | <ul style="list-style-type: none"> <li>• Visualize the amounts and kinds of food recommended in MyPyramid.</li> <li>• Use MyPyramid as a daily guide for choosing foods for meals and snacks for the family.</li> <li>• State MyPyramid recommended amounts for each food group.</li> <li>• Use common objects for comparison to estimate amounts of foods.</li> </ul>                       | <ul style="list-style-type: none"> <li>• Use MyPyramid as a daily guide for making food choices. It can help you choose foods for a day's worth of meals and snacks for your family.</li> <li>• Know the amounts and kinds of food you and your child need.</li> <li>• What you and your child need over several days, not just one day, is what counts.</li> </ul> |



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| <p><b>3.</b> Active Living: How to Get Families Moving</p>   | <ul style="list-style-type: none"><li>• State the benefits of active living.</li><li>• Raise an active child.</li><li>• Get their family physically active.</li></ul>   | <ul style="list-style-type: none"><li>• Move more to stay healthy, keep your healthy weight, and have fun.</li><li>• Set a good example. Join in and arrange physical activities so everyone takes part.</li><li>• Fit active living into the everyday things your family does.</li><li>• Limit sitting-around activities.</li><li>• Try to get at least 30 minutes of moderate-intensity physical activity on most, preferably all, days of the week. Your child needs at least 60 minutes of physical activity on most, preferably all, days of the week.</li></ul> |
| <p><b>4.</b> Food Labels: A Tool for Making Food Choices</p> | <ul style="list-style-type: none"><li>• Use Nutrition Facts labels to make healthful food choices for their family.</li><li>• Find out the nutrients and calories in one Serving Size of a food.</li><li>• Compare foods to see if they are high or low in different nutrients.</li></ul> | <ul style="list-style-type: none"><li>• Use the “5%-20% DV Guide” (5% or less is LOW and 20% or more is HIGH) for Nutrition Facts labels to help you GET LESS of some nutrients and GET ENOUGH of others.</li><li>• Use food labels to compare foods with the nutrients your child and family need.</li></ul>   |