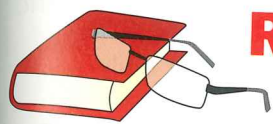


old and older to gain health benefits by doing physical activity.



Reading Review

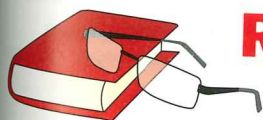
1. How can you achieve and maintain a healthy weight?
2. What is a nutrient-dense diet? Give examples.

MyPlate

MyPlate is the United States Department of Agriculture's (USDA) food guidance system based on the *Dietary Guidelines for Americans*. It divides commonly eaten foods into five main groups. These groups are grains, vegetables, fruits, dairy, and protein. Oils are also included.

MyPlate helps you select the right foods for a balanced diet. A **balanced diet** is one that provides all the nutrients your body needs to maintain good health.

You can create a personalized food plan by going to the website chooseMyPlate.gov. Enter your age, gender, and amount of physical activity. To get a more accurate food plan, you can also enter your height and weight. After entering this data, the program selects the food plan that is right for you. Your plan will recommend daily amounts from each of the five food groups, calories, oils, and physical activity. See 7-6. Each family member can create a food plan. MyPlate can be used for people two years and older. Vegetarians can also follow MyPlate.



Reading Review

1. How can you get a more accurate food plan from MyPlate?
2. How can you make sure the nutritional needs of each family member are met?

Grains

Grains include bread, cereal, rice, and pasta. Foods in this group are made from grains such as wheat, oats, corn, rice, and barley. These foods are good sources of carbohydrates and the B vitamins. Protein and iron can also be found in many grain products.

PRESCRIPTION

R

Health Link

Choosing Nutrient-Dense Foods

What kinds of foods do you often choose when you get hungry and want a snack? Do you choose an orange or a chocolate chip cookie? Hopefully you will choose the orange. The orange has lots of vitamins and is nutrient dense. It will help you feel full, which can satisfy your hunger until your next meal. The cookie has much more sugar and fewer nutrients. It probably will not satisfy your hunger, but can often leave you wanting more. Next time you are choosing a snack, consider foods that are nutrient dense such as nuts, seeds, whole grains, fruits, and vegetables.

Activity

How is MyPlate related to the *Dietary Guidelines for Americans*? Why are both important for good health? Have students spend some time going through the MyPlate website and use the site's Daily Food Plan and SuperTracker features.

Vocabulary

What is a *balanced diet*? If you eat a balanced diet during the week, what nutrients will be provided?



My Daily Food Plan

Based on the information you provided, this is your daily recommended amount from each food group.

GRAINS	VEGETABLES	FRUITS	DAIRY	PROTEIN
6 ounces	2½ cups	2 cups	3 cups	5½ ounces
Make half your grains whole Aim for at least 3 ounces of whole grains a day	Vary your veggies Aim for these amounts each week: Dark green veggies = 1½ cups Red and orange veggies = 5½ cups Beans & peas = 1½ cups Starchy veggies = 5 cups Other = 4 cups	Focus on fruits Eat a variety of fruits Choose whole or cut-up fruits more often than fruit juice	Get your calcium-rich foods Drink fat-free or low-fat (1%) milk, for the same amount of calcium and other nutrients, but less fat and calories Select fat-free or low-fat yogurt and cheese, or try calcium-fortified soy products	Go lean with protein Twice a week, make seafood the protein on your plate Vary your protein routine—choose beans, peas, nuts, and seeds more often Keep meat and poultry portions small and lean
Find your balance between food and physical activity Be physically active for at least 60 minutes each day.		Know your limits on fats, sugars, and sodium Your allowance for oils is 6 teaspoons a day. Limit calories from SoFAS to 260 calories a day. Reduce sodium intake to less than 2,300 mg a day.		
Your results are based on a 2000 calorie pattern			Name: _____	
This calorie level is only an estimate of your needs. Monitor your body weight to see if you need to adjust your calorie intake.				

7-6

This personalized MyPlate plan is for a fourteen-year-old girl who is physically active 30–60 minutes daily.

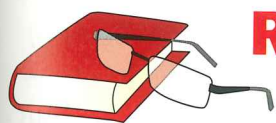
Discuss

Why do you think teen girls need less amounts daily from the grains group than teen boys?

Read bread and cereal labels to see if the product is whole grain or enriched. **Enriched** products have nutrients added to them to replace those removed during processing. Refined grains are often enriched.

Whole-grain products are healthier choices. They provide natural grain fiber that aids in digestion and ridding the body of waste. Make sure at least half the grains you eat are whole grains.

You need to follow the recommended amounts in your food plan. Use ounces to count the amount of grains you eat. An *ounce-equivalent* of grains is one slice of bread, one-half cup cooked cereal, one small tortilla, or one-half cup cooked pasta or rice.



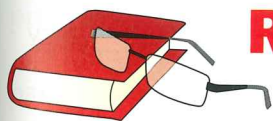
Reading Review

1. Which nutrients are found in foods from the grains group?
2. Why are whole-grain and enriched bread and cereal products good for you?

Vegetables

Vegetables provide important fiber and essential nutrients, such as vitamins A and C. It is easy to remember which vegetables are high in vitamin A by their color. Vitamin A is found in deep yellow or orange vegetables such as carrots and sweet potatoes. This group includes fresh, frozen, and canned vegetables, and vegetable juices.

Use cups to count the amount of vegetables you eat. Two cups of raw, leafy vegetables count as one cup from the vegetables group. One cup of cooked vegetables or juice is also equal to one cup from this group.



Reading Review

1. What color are vegetables that are rich in vitamin A?
2. How should you count the amount of vegetables you eat every day?

Activity

List the three B vitamins and one mineral found in whole grain and enriched breads and cereals. What functions do these B vitamins and the mineral perform for your body?

Activity

What nutrients are added to enriched bread or cereal? Examine a nutrition label from a loaf of bread and a box of cereal. Identify the nutrients listed on the label that are added to the bread and cereal.

Succeed in Life

Buying Vegetables

It is good to remember that when buying vegetables, the more colorful ones have the most nutrients. The vegetable group is broken into the following five subgroups:

- dark green vegetables, such as broccoli, spinach, and kale
- red and orange vegetables, such as carrots, tomatoes, and sweet potatoes
- beans and peas, such as kidney beans, tofu, and lentils
- starchy vegetables, green peas, corn, and potatoes
- other vegetables, such as celery, onions, and green beans

You do not need to eat vegetables from each of these subgroups daily. You should, however, try to eat vegetables from all the subgroups weekly. Your personalized MyPlate plan will tell you how many cups you need weekly from each vegetable subgroup.

Activity

Divide the class into small groups. Ask each group to prepare a report on the foods they would choose from the fruits group to meet their daily needs. How many cups are needed daily? Share the reports in class. Are there common fruits on all reports? How do reports differ?

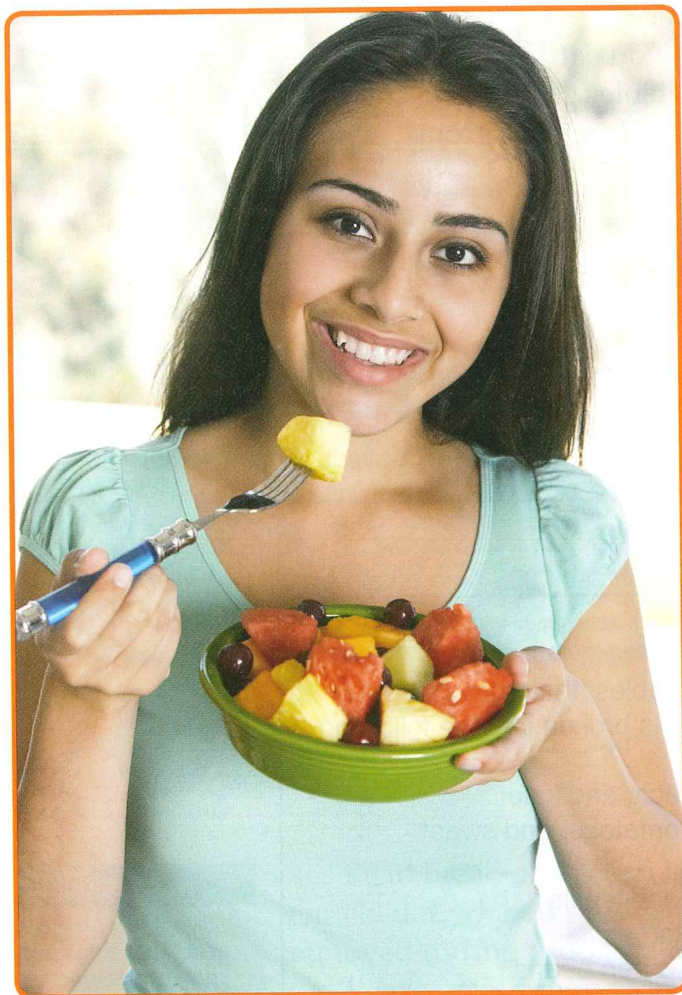
Fruits

Fruits include fresh, canned, frozen, and dried fruits, and fruit juices. Make most of your choices whole or cut-up fruit, because fruit juice provides little fiber and often has added sugar. See 7-7. Fruits are important sources of many nutrients including vitamin C and potassium. Those richest in vitamin C are the citrus fruits, such as oranges and grapefruit. Strawberries, apples, cantaloupe, and kiwi also contain vitamin C. Bananas are a good source of potassium. Your plan recommends a number of cups from the fruit group daily as a guide.



Reading Review

1. Why should you select whole or cut-up fruit more often than juice?
2. What are some fruits that are good sources of vitamin C?



Dairy

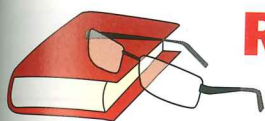
The dairy group includes foods that are good sources of vitamins and protein. These foods are also rich in minerals, especially calcium.

Teens need three cups from the dairy group every day. Choose fat-free or low-fat milk products most often. One and one-half ounces of natural cheese, one cup of yogurt, or two ounces of processed cheese count as one cup of milk. Some foods made from milk are low in calcium and high in fat and sugars. Ice cream, cream cheese, and butter are examples. These foods are not in this food group.

Foods from the dairy group are important when your body is growing. When children do not get enough calcium in their diets, their bones may be weak or misshapen. Older adults who did not get enough calcium when they were young may also have problems. Their bones may break easily and mend slowly. When you prepare foods for your family, be sure to choose foods that are good sources of calcium.

7-7

Fruits are an important source of many nutrients.



Reading Review

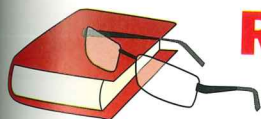
1. Why do you need milk or other dairy products every day? What nutrients do these foods provide?
2. What can happen to children who do not get enough calcium in their diet?

Protein

This group includes meat, poultry, fish, dry beans, eggs, seeds, and nuts. It provides a variety of protein-rich foods. Other important nutrients are the B vitamins and iron.

Protein foods are divided into two main groups. Animal sources of protein are called *complete proteins*. Most plant sources of protein, such as nuts and dry beans, are called *incomplete proteins*. They need to be combined with certain other foods to make complete proteins. A balance of complete and incomplete proteins will provide your body with the nutrients it needs.

Many foods in this group are also rich sources of iron. Iron is an important part of blood. It helps your blood carry oxygen to all the cells in your body. If you do not eat foods that supply iron, your body will not get enough oxygen.



Reading Review

1. What nutrients are provided by foods from the protein group?
2. Why is getting enough iron from the foods you eat important?

Oils

Oils are fats that are liquid at room temperature. Oils come from many different plants and from fish. Some oils are needed in the diet to provide essential nutrients. Foods that contain oils and solid fats are often high in calories. Foods such as butter, margarine, and salad dressing are examples. Many of these foods are nutrient-poor, and provide little more than calories.

Too many foods containing oils and solid fats result in a diet that has more calories than are being used in activity. This imbalance causes weight gain. MyPlate recommends replacing solid fats with oils when possible and limiting oils in your diet to balance calories.



Science Link

Amino Acids

Your body digests the proteins from food and breaks them down into *amino acids*. Your body then reuses the amino acids to make the proteins it needs to function properly. There are many amino acids in proteins. Your body can make some of these amino acids. You must get other amino acids, however, from the foods you eat. Complete proteins contain all the amino acids your body needs to function. Incomplete proteins, however, lack one or more of these amino acids. To get all the amino acids you need, eat a variety of protein-rich foods throughout the day.

Activity

What counts as a cup of milk? Assign two students to prepare a demonstration showing the amounts of yogurt, hard cheese, cottage cheese, and processed cheese that are equal to one cup of milk. Discuss how these amounts compare to the amounts that teens usually consume.

Discuss

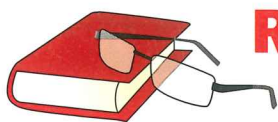
What are the functions of protein in your body? Why are foods containing protein important for teens to have daily?

Discuss

What are some important steps for teens to take in choosing a sensible diet? Why is a healthful diet important? Plan a bulletin board to share this information with others.

Quote

"When students are hungry or undernourished, they are irritable, have difficulty concentrating, and experience low energy, all of which impede learning."
Source: National Consortium for Health Education.



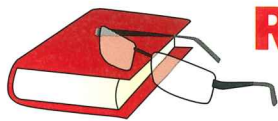
Reading Review

1. Why should you avoid eating too many oils and solid fats or foods containing oils and solid fats?
2. What does MyPlate recommend regarding oils in the diet?

Meals to Meet Your Needs

When counting the amount of food you eat, use cups or ounce-equivalents. See 7-8. Measure one cup of pasta or one ounce of cheese so you are familiar with what these amounts look like. Many dinner servings of spaghetti may be two cups of pasta. Suppose you eat two slices of bread with your spaghetti. This would equal the entire recommended daily amount from the grain group for a 2,000-calorie plan in just one meal.

Remember, snacks like fresh fruit and low-fat milk also help meet your recommended daily amounts. Save chips and cookies for a special treat and be mindful about how much you eat of these foods. Choose nutritious snack foods most of the time. Apples, oranges, carrot sticks, yogurt, and peanut butter sandwiches are all healthful snack choices.



Reading Review

1. Why should you think about what an ounce or a cup of food looks like when counting the amount of food you eat?
2. What are three nutritious foods you could eat as snacks?

Section Summary

- Following the *Dietary Guidelines for Americans* will help you enjoy good health and be physically fit.
- MyPlate is a good tool to help you decide what to eat each day. It divides foods into five main groups. They are grains, vegetables, fruits, dairy, and protein.
- Your daily meals and snacks should include the recommended amounts from the MyPlate food groups.