choose MyPlate

10 tips to a great plate

Making food choices for a healthy lifestyle can be as simple as using these 10 Tips. Use the ideas in this list to balance your calories, to choose foods to eat more often, and to cut back on foods to eat less often.

1. **balance calories**
   Find out how many calories YOU need for a day as a first step in managing your weight. Go to www.ChooseMyPlate.gov to find your calorie level. Being physically active also helps you balance calories.

2. **enjoy your food, but eat less**
   Take the time to fully enjoy your food as you eat it. Eating too fast or when your attention is elsewhere may lead to eating too many calories. Pay attention to hunger and fullness cues before, during, and after meals. Use them to recognize when to eat and when you’ve had enough.

3. **avoid oversized portions**
   Use a smaller plate, bowl, and glass. Portion out foods before you eat. When eating out, choose a smaller size option, share a dish, or take home part of your meal.

4. **foods to eat more often**
   Eat more vegetables, fruits, whole grains, and fat-free or 1% milk and dairy products. These foods have the nutrients you need for health—including potassium, calcium, vitamin D, and fiber. Make them the basis for meals and snacks.

5. **make half your plate fruits and vegetables**
   Choose red, orange, and dark-green vegetables like tomatoes, sweet potatoes, and broccoli, along with other vegetables for your meals. Add fruit to meals as part of main or side dishes or as dessert.

6. **switch to fat-free or low-fat (1%) milk**
   They have the same amount of calcium and other essential nutrients as whole milk, but fewer calories and less saturated fat.

7. **make half your grains whole grains**
   To eat more whole grains, substitute a whole-grain product for a refined product—such as eating whole-wheat bread instead of white bread or brown rice instead of white rice.

8. **foods to eat less often**
   Cut back on foods high in solid fats, added sugars, and salt. They include cakes, cookies, ice cream, candies, sweetened drinks, pizza, and fatty meats like ribs, sausages, bacon, and hot dogs. Use these foods as occasional treats, not everyday foods.

9. **compare sodium in foods**
   Use the Nutrition Facts label to choose lower sodium versions of foods like soup, bread, and frozen meals. Select canned foods labeled “low sodium,” “reduced sodium,” or “no salt added.”

10. **drink water instead of sugary drinks**
    Cut calories by drinking water or unsweetened beverages. Soda, energy drinks, and sports drinks are a major source of added sugar, and calories, in American diets.

Go to www.ChooseMyPlate.gov for more information.
**10 tips for setting good examples**

**You are the most important influence on your child.** You can do many things to help your children develop healthy eating habits for life. Offering a variety of foods helps children get the nutrients they need from every food group. They will also be more likely to try new foods and to like more foods. When children develop a taste for many types of foods, it’s easier to plan family meals. Cook together, eat together, talk together, and make mealtime a family time!

1. **Show by example**
   Eat vegetables, fruits, and whole grains with meals or as snacks. Let your child see that you like to munch on raw vegetables.

2. **Go food shopping together**
   Grocery shopping can teach your child about food and nutrition. Discuss where vegetables, fruits, grains, dairy, and protein foods come from. Let your children make healthy choices.

3. **Get creative in the kitchen**
   Cut food into fun and easy shapes with cookie cutters. Name a food your child helps make. Serve “Janie’s Salad” or “Jackie’s Sweet Potatoes” for dinner. Encourage your child to invent new snacks. Make your own trail mixes from dry whole-grain, low-sugar cereal and dried fruit.

4. **Offer the same foods for everyone**
   Stop being a “short-order cook” by making different dishes to please children. It’s easier to plan family meals when everyone eats the same foods.

5. **Reward with attention, not food**
   Show your love with hugs and kisses. Comfort with hugs and talks. Choose not to offer sweets as rewards. It lets your child think sweets or dessert foods are better than other foods. When meals are not eaten, kids do not need “extras”—such as candy or cookies—as replacement foods.

6. **Focus on each other at the table**
   Talk about fun and happy things at mealtime. Turn off the television. Take phone calls later. Try to make eating meals a stress-free time.

7. **Listen to your child**
   If your child says he or she is hungry, offer a small, healthy snack—even if it is not a scheduled time to eat. Offer choices. Ask “Which would you like for dinner: broccoli or cauliflower?” instead of “Do you want broccoli for dinner?”

8. **Limit screen time**
   Allow no more than 2 hours a day of screen time like TV and computer games. Get up and move during commercials to get some physical activity.

9. **Encourage physical activity**
   Make physical activity fun for the whole family. Involve your children in the planning. Walk, run, and play with your child—instead of sitting on the sidelines. Set an example by being physically active and using safety gear, like bike helmets.

10. **Be a good food role model**
    Try new foods yourself. Describe its taste, texture, and smell. Offer one new food at a time. Serve something your child likes along with the new food. Offer new foods at the beginning of a meal, when your child is very hungry. Avoid lecturing or forcing your child to eat.

Go to www.ChooseMyPlate.gov for more information.
Fuel Yourself
For Sports

Do You Know …
… that how you fuel yourself before, during and after an athletic event can impact your performance?

Basic Fueling Tips for Teen Athletes
- Eat every three to four hours.
- At each meal, try to eat from at least three different food groups.
- Start with a base of healthy whole grains (breads, cereals, pastas, rice); add protein and lots of fruits and vegetables.

Eating Before an Event
Include lots of carbohydrates and low-fat protein in your pre-event meal.
Sample Pre-Event Meal:
- 1 cup cereal with 1 c. skim milk
- 1 banana or 3/4 cup orange juice
- 1 bagel with 1 tablespoon of jelly
- 1 low-fat string cheese

Eating During an Event
When exercise lasts for more than one hour, remember to refuel. This helps to keep your energy and performance at top notch!
Some quick fuel sources to try include:
- Sports drinks
- Energy bar and water
- Fruit and water

Eating After an Event
A recovery snack should be eaten immediately after exercise in order to replace the carbohydrate fuel in the working muscles.
Recovery snacks include:
- Trail mix & 100% juice
- Yogurt and fruit
- Cereal and milk
- Water

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What About Performance Enhancers?

Performance enhancing supplements are everywhere! Many athletes look to supplements for that “edge” over the competition.

Caution!
Supplements do not have to be tested for safety or effectiveness. “Energy” supplements often contain caffeine which can cause dehydration. Your best bet is a sound training routine fueled by nutritious food and drinks.

Staying Hydrated Enhances Performance
When you don’t drink enough water, concentration, coordination and endurance are affected negatively. One simple way to tell if you are well hydrated is to check your urine. If it is clear to pale yellow and you urinate at least four times a day, then you are doing well.

Q: Water or Sports Drinks? What is Best?
A: Cool Water is Often the Best Choice!

However, when athletic events last more than one hour, sports drinks may be the more appropriate choice of beverage. A sports drink will help replace lost electrolytes and also replenish carbohydrate to fuel active muscles.

How Much Water Should You Drink?

Before Exercise:
1 to 2 hours before: 2 cups of fluid
30 minutes before: 2 cups of fluid
5 to 15 minutes before: 1-2 cups of fluid

During Exercise:
Drink 1/2 cup to one cup of fluid every 15 minutes.

After Exercise:
Keep in mind, for every pound lost during exercise drink two cups of fluid.

Looking for More Sports Nutrition Info?
Check out the following Web sites...
A Guide to Eating for Sports
http://kidshealth.org/teen/food_fitness/sports/eatnrun.html
Sports Nutrition for Young Adults
Eating Fruits & Vegetables is Important!

Eating fruits and vegetables every day is an essential part of a healthy diet. Eating five or more servings of fruits and vegetables in various colors, like BLUE/PURPLE, GREEN, WHITE, YELLOW/ORANGE, AND RED, provides the necessary vitamins, minerals, fiber and phytochemicals to maintain good health, provide energy and reduce the risk of cancer and heart disease.

In school or on the playing field, kids who eat well perform better. Eating a nutritious diet fuels the body for learning, growth, sports, and play. Kids who eat a balanced diet have bright eyes, healthy skin and teeth, and bodies that look and feel great!

Fruits and vegetables are very rich in Vitamins A and C, Folic Acid, Magnesium, and Potassium.

- Vitamin A helps maintain skin and mucous membranes and aids in vision.
- Vitamin C helps the body heal and fight infections.
- Folic acid is needed for healthy blood cells and is important for cell division and growth.
- Magnesium is found in bones and is important for muscle and nerve function.
- Potassium maintains the heart beat, regulates body fluids, and is needed for muscle and nerve function.

Eating the right balance of foods helps maintain a healthy weight. We need to eat at least 5 to 9 servings of fruits and vegetables each day for good health. Please refer to the handout “What is a Serving?” on page 22 for more information, or go to the Dole 5 A Day website http://www.dole5aday.com for fun activities and detailed facts on fruits and vegetables.

We need lots of fresh water to stay healthy. Aside from aiding in digestion and absorption of food, water regulates body temperature and blood circulation, carries nutrients and oxygen to cells, and removes toxins and other wastes. Water is particularly important for keeping the kidneys healthy. This "body water" also cushions joints and protects tissues and organs, including the spinal cord, from shock and damage. Conversely, lack of water (dehydration) can be the cause of many ailments including hypertension, asthma, allergies, and migraine headaches. We can exist without food for two months or more, but we can only survive for a few days without water.

Although we all know the importance of drinking enough water during the hot summer months, many people don’t realize they need to drink plenty of water all year round. Thirst can be slow to develop - often we don’t feel thirsty even when our bodies need fluid. We often confuse thirst with hunger too. Sometimes when you think your body is asking for food, what it really needs is water. This is why it’s a good habit to drink water regularly - whether you feel thirsty or not.

Teach your students to fuel their bodies with nutritious foods that give lots of energy and help them perform at their best. It’s easy and fun to eat fruits and vegetables as fast snacks!

As a teacher you can set a powerful example for your students.
Here are some healthy fast snacks!

Whole fruit Berries

Raw, cut up vegetables Dried fruit

Don’t Forget Water!!
A Rainbow of Fruit and Vegetable Recipes!

Nutritious Super Snacks for Extended Energy!

Blue/Purple

* Berry Delicious: top plain low-fat yogurt with fresh blackberries and blueberries. Spoon in the fun!
* Purple Granola: add raisins and black currants to granola. Get ready, set, and eat!

Green

* Peanut Butter Logs: fill celery with peanut butter. Enjoy!
* Jumping Cucumber: slice cucumbers into circles, squeeze fresh lemon juice onto cucumber circles, and sprinkle chili powder on top. Caution! The chili powder gives this dish quite a kick!

White

* Crunchy Pears: press pear slices into low-fat granola and munch!
* Potato Fiesta: cut a baking potato in half lengthwise. Microwave the potato and top with salsa and your favorite shredded cheese. Let the party begin!

Yellow/Orange

* Orange and Yellow Sticks: use carrot sticks and thinly sliced yellow bell pepper sticks. Dip into low-fat ranch dressing or low fat sour cream. Enjoy this zesty treat.
* Tropical Tangy Delight: top lime sherbet with sliced nectarines and peaches. Very refreshing.

Red

* Very Berry Smoothie: pour a glass of low-fat milk into a blender. Add frozen cherries, strawberries, and raspberries. Secure lid and blend until smooth. Drink immediately.
* Muffin in a Zap: top a half of a whole wheat English muffin with sliced tomatoes and Monterey Jack cheese. Top with the remaining muffin half. Heat in toaster oven until cheese melts or zap in the microwave for 20 seconds. Yummy!