

the
School Day
just got
Healthier
United States Department of Agriculture

Toolkit For Parents



The School Day Just Got Healthier Toolkit

is a collection of resources including brochures, fact sheets, FAQs, fliers, school lessons, templates and much more, to help prepare parents for the changes to school meals this school year.

This toolkit provides parents with the resources you need to help your child eat healthy and learn healthy habits that last forever.





Parents

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For Parents

- **School meals matter!** The school day just got healthier thanks to new school breakfast and lunch meal standards. Encourage your child to check out these new meals and find their favorites.
- **The new school meals focus on more whole grains, fruits, and vegetables;** low-fat or non-fat milk; and less sodium and fat.
- **Teachers will tell you that well-nourished kids are ready to learn and do better in class.** When we give kids plenty of healthy food choices and regular physical activity at school, they learn healthier habits for life.
- **Nutritious meals and snacks will help kids stay healthy,** reducing their risk for obesity, diabetes, high blood pressure, and other serious chronic diseases.
- **School meals are “rightsized.”** Based on their age, students are getting the right portions and now they will be getting more of some foods like fruits and vegetables.
- **You have the power to encourage your children to build a healthy plate at school and home.** Review the school menu with your kids and encourage them to try new foods, especially the healthy foods offered.
- **Your child picks up all of your attitudes and behaviors** – including your eating habits. Since kids love to copy what their parents do, they are likely to mimic your willingness to try new foods.
- **Kids need to try new foods many times before they like them!** Here are some helpful tips to take an active role in school meals and encourage your children to eat healthy foods:
 - **Make time** to join your child(ren) for lunch in the school cafeteria.
 - **When your child gets home from school,** ask what was served and what (s)he ate for lunch.
 - **Eat meals with your child(ren) whenever possible.** Let your child see you enjoying fruits, vegetables, and whole grains at meals and snacks.
 - **Grocery shopping can teach your children about food and nutrition.** Help your children make healthy choices.
 - **Discuss where vegetables, fruits and grains,** dairy and protein foods come from with your child.
 - **Share the adventure** and serve new foods offered in the school cafeteria at home.
- **The School Day Just Got Healthier!** Together we can make a difference and help our kids develop healthy habits for life.

www.fns.usda.gov/healthierschoolday



For Students

- **The School Day Just Got Healthier because school meals are better this year.** Healthy food will help you do your best in school, in sports, and to grow and stay strong. Power up with fruits, low-fat or non-fat milk, and whole grains.
- **Give it a try! Fruits and veggies give you what your body needs** to help you be a champion when you run and play. Eat them at school and at home every day as a meal, snack or dessert.
- **Since you spend so much of your day at school, it's up to you to make healthy food choices while you're there.** Eat fruits and vegetables at meals and snacks. Enjoy the taste of healthy eating.
- **Make fat-free or low-fat milk your rocket fuel.** You need milk to help build muscles and provide fuel for your fun.
- **Fuel up with fruits and veggies:** Soar through your day like a rocket ship!
- **Eating fruits and veggies of every color in the rainbow** can help give you the different vitamins and minerals you need to soar through your day.
- **Go to the grocery store with your family.** Make your own list of healthy foods – like fruits and low-fat yogurts – that keep you healthy and strong.

www.fns.usda.gov/healthierschoolday



Healthy, Hunger-Free Kids Act of 2010 School Meals

Healthy, Hunger-Free Kids (HHFK) Act

- **Championed by the First Lady as part of her *Let's Move!* initiative to solve the problem of childhood obesity within a generation.**
- HHFK law contains many provisions that help improve child nutrition programs and make meals and offerings more nutritious.
- **Helps transform school food environment in order to promote better nutrition and reduce obesity.**
- The Act reauthorized our core **Child Nutrition Programs** – National School Lunch, School Breakfast, Child and Adult Care Food Program, and the Summer Food Service Programs – as well as WIC.
- These programs are primarily **designed to feed kids nutritious meals and to combat childhood hunger.**
- HHFK law enabled us to make major improvements to school meals and bring them in line with the latest nutritional science and the Dietary Guidelines for Americans.
- First major changes in over 15 years. These changes are important to the 32 million students who eat a school lunch and 12 million who eat a school breakfast each school day.

Updated Standards for School Meals

- **In January 2012, just one year after the law was signed by President Obama, we issued the final, updated standards for school meals.**
- **Those standards, built upon recommendations from the Institute of Medicine:**
 - Ensure students are offered both fruits and vegetables every day of the week;
 - Increase offerings of whole grain-rich foods;
 - Offer only fat-free or low-fat milk;
 - Limit calories based on the age of children being served to ensure proper portion size;
 - Increase the focus on reducing the amounts of saturated fat, trans fats, added sugars, and sodium.

- The new standards went into effect on July 1, but many schools were already well on their way to meeting the standards.
- Changes in the standards for **School Breakfast will be phased in** over three years to make it easier for schools to comply.
- The Act also strengthened **local school wellness policies**. We know that these can be a powerful force for change in many communities, and the HHFKA now requires more engagement from the local level so that these do not just become a paper that gets filed away in a drawer somewhere.
- We have also put in place the so-called “6-cent rule,” that reimburses schools an additional 6 cents for each lunch they serve that meets the new meal standards.
- The additional funds will be an **incentive to schools** to make improvements.
- This is the **first increase above inflation in over 30 years**. Money will begin flowing to schools across the country this year.
- USDA is fully committed to providing all the assistance we can to help schools get from where they are to where they need to be.

Community Eligibility

- Ready access to nutritious food is essential and we announced this spring that additional states (New York, Ohio, West Virginia and the District of Columbia) will be allowed to use the innovative option of “community eligibility” for school meal programs.
Community eligibility reduces the burden on families by eliminating household school meal applications and helps schools cut down on burdensome paperwork.

To learn more about the Healthy, Hunger Free Kids Act of 2010, please visit:

http://www.fns.usda.gov/cnd/governance/legislation/cnr_2010.htm

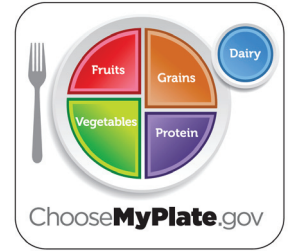


10 tips

Nutrition
Education Series

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.



Elegir alimentos para llevar un estilo de vida sano es muy sencillo si sigue estos 10 consejos. Use las ideas de esta lista para *balancear las calorías*, elegir los alimentos que le conviene *comer con mayor frecuencia* y reducir la cantidad de alimentos que le conviene *comer con menos frecuencia*.

1 balancee las calorías

El primer paso para controlar su peso es ver cuántas calorías USTED necesita al día. Vaya a www.ChooseMyPlate.gov para determinar la cantidad de calorías. Hacer actividades físicas también le ayuda a balancear las calorías.



2 disfrute de sus comidas, pero en cantidades más pequeñas

Tómese el tiempo necesario para disfrutar de sus comidas. El comer demasiado rápido o mientras se concentra en otras cosas puede resultar en que coma demasiadas calorías. Preste atención a las señales del hambre y de saciedad antes, durante y después de las comidas. Úselas para reconocer cuándo debe comer y cuándo ha comido suficiente.

3 evite las porciones extra grandes

Use platos, platos hondos y vasos más pequeños. Separe las porciones de alimentos antes de comer. Al salir a comer, elija las opciones de menor tamaño, comparta el platillo o llévese parte de la comida a casa.

4 alimentos que le conviene comer con más frecuencia

Coma más vegetales, frutas, granos integrales, y leche y productos lácteos sin grasa o con 1% de grasa. Esos alimentos contienen los nutrientes que necesita para la buena salud; entre ellos potasio, calcio, vitamina D y fibra. Haga de ellos la base de sus comidas y bocadillos.



5 haga que la mitad de su plato consista en frutas y vegetales

Al preparar sus comidas, elija vegetales rojos, anaranjados y verduras como tomates, camotes (batatas) y brócoli, así como otros vegetales. Agregue frutas a las comidas como parte de los platos principales o de acompañamiento, o bien como postres.

6 cambie a leche descremada o baja en grasa (1%)

Contienen la misma cantidad de calcio y otros nutrientes esenciales que la leche entera, pero sin tantas calorías y grasa saturada.



7 consuma la mitad en granos integrales

Para consumir más granos integrales, reemplace un producto de grano refinado por un producto de grano integral, como comer pan de trigo integral en lugar de pan blanco o arroz integral en lugar de arroz blanco.

8 alimentos que le conviene comer con menos frecuencia

Reduzca su consumo de alimentos con grasas sólidas, azúcar y sal adicionales. Estos incluyen pasteles (bizcochos), galletitas, helado, dulces, bebidas endulzadas, pizza y carnes grasas como costillas, chorizo, tocineta y salchichas. Use estos alimentos como antojitos ocasionales, no alimentos para todos los días.

9 compare el contenido de sodio de los alimentos

Use las etiquetas de Información Nutricional ("Nutrition Facts") para elegir sopas, panes y comidas congeladas con menos sodio. Elija alimentos enlatados marcados "bajo en sodio," "sodio reducido," o "sin sal adicional" ("low in sodium," "reduced sodium," o "without added salt").



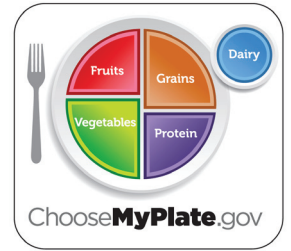
10 beba agua en lugar de bebidas endulzadas con azúcar

Reduzca las calorías al beber agua o bebidas sin azúcar. En las dietas de los estadounidenses, las gaseosas, bebidas de energía y bebidas deportivas representan grandes cantidades adicionales de azúcar y calorías.

10 tips

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add more vegetables to your day



10 tips to help you eat more vegetables

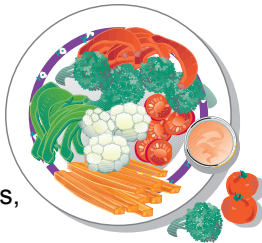
It's easy to eat more vegetables! Eating vegetables is important because they provide vitamins and minerals and most are low in calories. To fit more vegetables in your meals, follow these simple tips. It is easier than you may think.

1 discover fast ways to cook

Cook fresh or frozen vegetables in the microwave for a quick-and-easy dish to add to any meal. Steam green beans, carrots, or broccoli in a bowl with a small amount of water in the microwave for a quick side dish.

2 be ahead of the game

Cut up a batch of bell peppers, carrots, or broccoli. Pre-package them to use when time is limited. You can enjoy them on a salad, with hummus, or in a veggie wrap.



3 choose vegetables rich in color

Brighten your plate with vegetables that are red, orange, or dark green. They are full of vitamins and minerals. Try acorn squash, cherry tomatoes, sweet potatoes, or collard greens. They not only taste great but also are good for you, too.

4 check the freezer aisle

Frozen vegetables are quick and easy to use and are just as nutritious as fresh veggies. Try adding frozen corn, peas, green beans, spinach, or sugar snap peas to some of your favorite dishes or eat as a side dish.

5 stock up on veggies

Canned vegetables are a great addition to any meal, so keep on hand canned tomatoes, kidney beans, garbanzo beans, mushrooms, and beets. Select those labeled as “reduced sodium,” “low sodium,” or “no salt added.”



6 make your garden salad glow with color

Brighten your salad by using colorful vegetables such as black beans, sliced red bell peppers, shredded radishes, chopped red cabbage, or watercress. Your salad will not only look good but taste good, too.



7 sip on some vegetable soup

Heat it and eat it. Try tomato, butternut squash, or garden vegetable soup. Look for reduced- or low-sodium soups.

8 while you're out

If dinner is away from home, no need to worry. When ordering, ask for an extra side of vegetables or side salad instead of the typical fried side dish.

9 savor the flavor of seasonal vegetables

Buy vegetables that are in season for maximum flavor at a lower cost. Check your local supermarket specials for the best-in-season buys. Or visit your local farmer's market.



10 try something new

You never know what you may like. Choose a new vegetable—add it to your recipe or look up how to fix it online.

agregue más vegetales a sus comidas diarias



10 consejos para ayudarlo a comer más vegetales

¡Comer más vegetales es fácil! Comer vegetales es importante porque contienen vitaminas y minerales y no contienen muchas calorías. Para incluir más vegetales en sus comidas, siga estos sencillos consejos. Es más fácil de lo que piensa.

1 descubra maneras de cocinar rápido
Cocine vegetales frescos o congelados en el horno de microondas para añadir un plato rápido y fácil a cualquier comida. Coloque pimientos, zanahorias o brócoli en un tazón con poca agua para cocerlos al vapor en el horno de microondas y crear un acompañamiento rápido.

2 prepare ingredientes por adelantado

Pique porciones de pimientos, zanahorias o brócoli. Embólselos para usarlos cuando esté apurado. Puede disfrutarlos en ensaladas, con aderezos o en tortillas de harina enrolladas con vegetales.



3 elija vegetales de colores brillantes
Avive su plato con vegetales color rojo, anaranjado o verde oscuro. Están repletas de vitaminas y minerales. Pruebe calabacín, tomates cereza, camotes o berza. No sólo son ricos en sabor sino muy nutritivos también.

4 busque en el congelador
Los vegetales congelados son rápidos y fáciles de usar, y son tan nutritivos como los frescos. Pruebe añadir maíz, guisantes, habichuelas tiernas, espinaca o guisantes dulces congelados a algunos de sus platos favoritos, o bien prepárelos como acompañamientos.

5 pruebe vegetales enlatados
Los vegetales enlatados son un buen complemento a cualquier comida, así que tenga a la mano tomates, frijoles rojos, garbanzos, zetas y remolachas enlatadas. Elija latas marcadas "bajo en sodio," "sodio reducido," o "sin sal adicional" ("low in sodium," "reduced sodium," or "without added salt").



6 haga que sus ensaladas brillen de color
Avive sus ensaladas con vegetales de colores brillantes como frijoles negros, pimientos dulces rojos, rábano rayado, col roja picada o berro. Sus ensaladas no sólo se verán muy bien sino que también serán deliciosas.



7 pruebe sopas de vegetales
Calientelas y cómalas. Pruebe sopas de tomate, calabacín o verduras. Busque sopas con contenido de sodio reducido o bajo.

8 si sale a comer
Si sale a cenar, no se preocupe. Al pedir su plato, pida vegetales o ensalada como acompañamiento en lugar de los fritos típicos.

9 disfrute del sabor de las vegetales de temporada

Para obtener el mejor sabor al más bajo costo, compre vegetales de temporada. Busque las ventas especiales de sus supermercados locales para encontrar las mejores compras de temporada. Visite también el mercado de su comunidad (farmers markets).



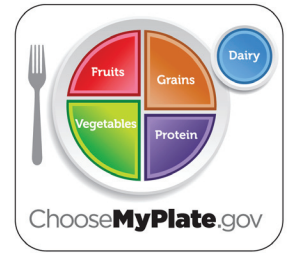
10 pruebe algo nuevo
Si no lo prueba, nunca sabrá si le gusta. Elija un vegetal que no haya probado antes, agréguela a una receta o busque en internet para ver cómo prepararla.

10 tips

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focus on fruits

10 tips to help you eat more fruits



Eating fruit provides health benefits. People who eat more vegetables and fruits as part of an overall healthy diet are likely to have a reduced risk of some chronic diseases. Fruits provide nutrients vital for health, such as potassium, dietary fiber, vitamin C, and folate (folic acid). Most fruits are naturally low in fat, sodium, and calories. None have cholesterol. Any fruit or 100% fruit juice counts as a part of the Fruit Group. Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed.

1 keep visible reminders

Keep a bowl of whole fruit on the table, counter, or in the refrigerator.



2 think about taste

Buy fresh fruits in season when they may be less expensive and at their peak flavor. Add fruits to sweeten a recipe.



3 think about variety

Buy fruits that are dried, frozen, and canned (in water or 100% juice) as well as fresh, so that you always have a supply on hand.

4 don't forget the fiber

Make most of your choices whole or cut-up fruit, rather than juice, for the benefits that dietary fiber provides.



5 be a good role model

Set a good example for children by eating fruit every day with meals or as snacks.

6 include fruit at breakfast

At breakfast, top your cereal with bananas, peaches, or strawberries; add blueberries to pancakes; drink 100% orange or grapefruit juice. Or, try a fruit mixed with fat-free or low-fat yogurt.



7 try fruit at lunch

At lunch, pack a tangerine, banana, or grapes to eat, or choose fruits from a salad bar. Individual containers of fruits like peaches or applesauce are easy and convenient.

8 experiment with fruit at dinner, too

At dinner, add crushed pineapple to coleslaw, or include orange sections, dried cranberries, or grapes in a tossed salad.

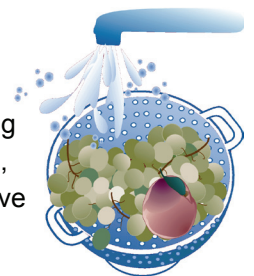
9 snack on fruits

Dried fruits make great snacks. They are easy to carry and store well.



10 keep fruits safe

Rinse fruits before preparing or eating them. Under clean, running water, rub fruits briskly to remove dirt and surface microorganisms. After rinsing, dry with a clean towel.



enfóquese en las frutas



10 consejos para ayudarlo a comer más frutas

El consumo de frutas brinda beneficios de salud. Las personas que comen más frutas y vegetales como parte de una dieta saludable integral tienen menos riesgos de presentar algunas enfermedades crónicas. Las frutas proveen nutrientes importantes para la salud, como el potasio, la fibra, la vitamina C y el ácido fólico. La mayoría de las frutas son naturalmente bajas en grasa, sodio y calorías. Ninguna de ellas contiene colesterol. Todas las frutas o los jugos de fruta 100% naturales forman parte del grupo de frutas. Las frutas pueden ser frescas, enlatadas, congeladas o secas, y pueden consumirse enteras, cortadas o en puré.

1 manténgalas a la vista
Tenga un tazón de frutas enteras sobre la mesa, el mostrador de la cocina o en el refrigerador.

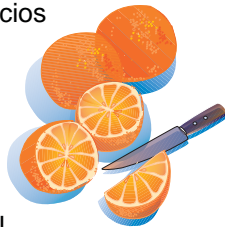


2 piense en el sabor
Compre frutas frescas de temporada cuando sean menos costosas y estén maduras. Agregue frutas para endulzar una receta.



3 piense en la variedad
Compre frutas secas, congeladas o enlatadas (en agua o 100% jugo), así como frutas frescas para tener siempre cantidades disponibles a mano.

4 no olvide la fibra
Elija principalmente frutas enteras o cortadas en lugar de jugos, por los beneficios que la fibra le ofrece.



5 dé el buen ejemplo
Dé buen ejemplo a los niños al consumir frutas todos los días con las comidas o como bocadillos.

6 incluya frutas en el desayuno
En el desayuno, agregue bananas, duraznos o fresas a su cereal; agregue arándanos a sus panqueques; tome jugo de naranja o toronja 100% natural. O bien, pruebe fruta mezclada con yogur descremado o bajo en grasa.



7 coma frutas con el almuerzo
Para el almuerzo, llévese una mandarina, banana o uvas, o elija frutas de un bar de ensaladas. Las frutas en contenedores individuales, como duraznos o puré de manzana, son fáciles y prácticas.

8 pruebe frutas en la cena también
En la cena, agregue trocitos de piña a la ensalada de repollo, o incluya pedazos de naranja, arándanos secos o uvas en una ensalada mixta.

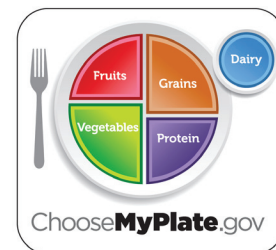
9 coma frutas como bocadillos
Las frutas secas son excelentes bocadillos. Son fáciles de llevar y se conservan bien.



10 lave bien las frutas
Lave las frutas antes de prepararlas o comerlas. Frote las frutas bajo agua corriente limpia para quitarles la suciedad y los microorganismos de la superficie. Después de enjuagarlas, séquelas con una toalla de cocina limpia.



make half your grains whole



10 tips to help you eat whole grains

Any food made from wheat, rice, oats, cornmeal, barley, or another cereal grain is a grain product. Bread, pasta, oatmeal, breakfast cereals, tortillas, and grits are examples. Grains are divided into two subgroups, **whole grains** and **refined grains**. Whole grains contain the entire grain kernel—the bran, germ, and endosperm. People who eat whole grains as part of a healthy diet have a reduced risk of some chronic diseases.

1 make simple switches

To make half your grains whole grains, substitute a whole-grain product for a refined-grain product. For example, eat 100% whole-wheat bread or bagels instead of white bread or bagels, or brown rice instead of white rice.



2 whole grains can be healthy snacks

Popcorn, a whole grain, can be a healthy snack. Make it with little or no added salt or butter. Also, try 100% whole-wheat or rye crackers.



3 save some time

Cook extra bulgur or barley when you have time. Freeze half to heat and serve later as a quick side dish.

4 mix it up with whole grains

Use whole grains in mixed dishes, such as barley in vegetable soups or stews and bulgur wheat in casseroles or stir-fries. Try a quinoa salad or pilaf.

5 try whole-wheat versions

For a change, try brown rice or whole-wheat pasta. Try brown rice stuffing in baked green peppers or tomatoes, and whole-wheat macaroni in macaroni and cheese.



6 bake up some whole-grain goodness

Experiment by substituting buckwheat, millet, or oat flour for up to half of the flour in pancake, waffle, muffin, or other flour-based recipes. They may need a bit more leavening in order to rise.

7 be a good role model for children

Set a good example for children by serving and eating whole grains every day with meals or as snacks.

8 check the label for fiber

Use the Nutrition Facts label to check the fiber content of whole-grain foods. Good sources of fiber contain 10% to 19% of the Daily Value; excellent sources contain 20% or more.



9 know what to look for on the ingredients list

Read the ingredients list and choose products that name a whole-grain ingredient **first** on the list. Look for "whole wheat," "brown rice," "bulgur," "buckwheat," "oatmeal," "whole-grain cornmeal," "whole oats," "whole rye," or "wild rice."

10 be a smart shopper

The color of a food is not an indication that it is a whole-grain food. Foods labeled as "multi-grain," "stone-ground," "100% wheat," "cracked wheat," "seven-grain," or "bran" are usually not 100% whole-grain products, and may not contain **any** whole grain.



haga que la mitad de los granos que consume sean integrales



10 consejos para ayudarlo a consumir granos integrales

Los alimentos hechos con trigo, arroz, avena, maíz, cebada o cualquier otro grano de cereal son productos de granos. El pan, los fideos y tallarines, la avena, los cereales para el desayuno, las tortillas de harina y la sémola son ejemplos de estos productos. Los granos se dividen en 2 subgrupos: **granos integrales** y **granos refinados**. Los granos integrales contienen el grano completo; es decir, la cáscara, el germen y el saco embrional. Las personas que consumen granos integrales como parte de una dieta saludable tienen menos riesgo de presentar algunas enfermedades crónicas.

1 haga cambios sencillos

Para que la mitad de los granos que consume sean integrales, sustituya un producto de granos refinados con uno de granos integrales. Por ejemplo, coma pan o rosas de pan de 100% trigo en lugar de pan o rosas de pan blanco, o bien coma arroz integral en lugar de arroz blanco.



2 los granos integrales son bocadillos sanos

Las palomitas de maíz son hechas de granos integrales y por lo tanto son bocadillos sanos. Prepárelas sin o con poca sal o mantequilla.



Pruebe también galletas 100% de trigo integral o centeno.

3 ahorre tiempo

Cocine cantidades adicionales de trigo burgol o cebada cuando tenga tiempo. Congele la mitad para calentar y servir más adelante como complemento rápido.

4 mézclelo con granos integrales

Use granos integrales en platos mixtos, como la cebada en sopas o guisados de vegetales y el trigo burgol en platos salteados o cazuelas. Pruebe ensaladas o platos de quinua.

5 pruebe versiones de trigo integral

Para variar, pruebe el arroz integral o fideos y tallarines de trigo integral. Pruebe tomates o pimientos verdes horneados rellenos de arroz integral y macarrones de trigo integral en platos de macarrones con queso.



6 hornee antojitos con granos integrales

Experimente y reemplace con trigo sarraceno, mijo o harina de avena hasta la mitad del contenido de harina de los panqueques, waffles, molletes y otras recetas con contenido de harina. Tal vez necesite un poco más de levadura para que leuden.

7 de buen ejemplo a los niños

De buen ejemplo a los niños al servir y consumir granos integrales todos los días con las comidas o como bocadillos.

8 verifique el contenido de fibra

Use la etiqueta de datos de nutrición para verificar el contenido de fibra de los productos de granos integrales. Las buenas fuentes de fibra contienen 10% a 19% del valor diario. Las fuentes excelentes contienen un 20% o más.



9 sepa qué buscar en las listas de ingredientes

Lea las listas de ingredientes y elija productos que incluyan granos integrales como el **primer** ingrediente de la lista. Busque “trigo integral,” “arroz integral,” “burgol,” “alforón,” “avena,” “harina de maíz integral,” “avena de grano integral,” “centeno integral,” o “arroz silvestre” (busque “whole grain”).

10 sea un comprador instruido

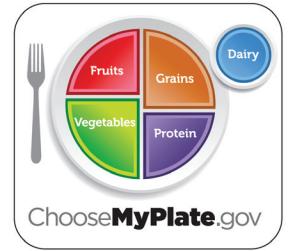
El color de un alimento no indica que se trate de un alimento de granos integrales. Por lo general, los alimentos con etiquetas que dicen “multigrano,” “molido a piedra,” “100% trigo,” “trigo partido,” “siete granos” o “salvado” no son productos 100% de granos integrales, y es posible que no contengan ningún grano integral.

10 tips

Nutrition Education Series

got your dairy today?

10 tips to help you eat and drink more fat-free or low-fat dairy foods



The Dairy Group includes milk, yogurt, cheese, and fortified soymilk. They provide calcium, vitamin D, potassium, protein, and other nutrients needed for good health throughout life. Choices should be low-fat or fat-free—to cut calories and saturated fat. How much is needed? Older children, teens, and adults need 3 cups* a day, while children 4 to 8 years old need 2½ cups, and children 2 to 3 years old need 2 cups.

1 “skim” the fat

Drink fat-free (skim) or low-fat (1%) milk. If you currently drink whole milk, gradually switch to lower fat versions. This change cuts calories but doesn't reduce calcium or other essential nutrients.

2 boost potassium and vitamin D, and cut sodium

Choose fat-free or low-fat milk or yogurt more often than cheese. Milk and yogurt have more potassium and less sodium than most cheeses. Also, almost all milk and many yogurts are fortified with vitamin D.



3 top off your meals



Use fat-free or low-fat milk on cereal and oatmeal. Top fruit salads and baked potatoes with low-fat yogurt instead of higher fat toppings such as sour cream.

4 choose cheeses with less fat

Many cheeses are high in saturated fat. Look for “reduced-fat” or “low-fat” on the label. Try different brands or types to find the one that you like.

5 what about cream cheese?

Regular cream cheese, cream, and butter **are not** part of the dairy food group. They are high in saturated fat and have little or no calcium.

* What counts as a cup in the Dairy Group? 1 cup of milk or yogurt, 1½ ounces of natural cheese, or 2 ounces of processed cheese.

6 ingredient switches

When recipes such as dips call for sour cream, substitute plain yogurt. Use fat-free evaporated milk instead of cream, and try ricotta cheese as a substitute for cream cheese.

7 choose sweet dairy foods with care

Flavored milks, fruit yogurts, frozen yogurt, and puddings can contain a lot of added sugars. These added sugars are empty calories. You need the nutrients in dairy foods—not these empty calories.

8 caffeinating?

If so, get your calcium along with your morning caffeine boost. Make or order coffee, a latte, or cappuccino with fat-free or low-fat milk.

9 can't drink milk?

If you are lactose intolerant, try lactose-free milk, drink smaller amounts of milk at a time, or try soymilk (soy beverage). Check the Nutrition Facts label to be sure your soymilk has about 300 mg of calcium. Calcium in some leafy greens is well absorbed, but eating several cups each day to meet calcium needs may be unrealistic.

10 take care of yourself and your family

Parents who drink milk and eat dairy foods show their kids that it is important. Dairy foods are especially important to build the growing bones of kids and teens. Routinely include low-fat or fat-free dairy foods with meals and snacks—for everyone's benefit.



¿ha consumido lácteos hoy?

10 consejos para ayudarle a comer y beber más productos lácteos descremados o bajos en grasa



El grupo de lácteos incluye leche, yogur, queso y leche de soja enriquecida. Estos suministran calcio, vitamina D, potasio, proteína y otros nutrientes necesarios para la buena salud durante toda la vida. Elija productos con bajo contenido de grasa o descremados para reducir las calorías y las grasas saturadas. ¿Cuánto se necesita? Los niños más grandes, adolescentes y adultos necesitan 3 tazas* al día, mientras que los niños de 4 a 8 años de edad necesitan 2½ tazas y los de 2 a 3 años de edad necesitan 2 tazas.

1 elimine la grasa

Beba leche descremada o baja en grasa (1%). Si bebe leche entera actualmente, cambie gradualmente a una versión con menos contenido de grasa. El cambio reduce las calorías pero no el contenido de calcio y otros nutrientes esenciales.

2 aumente el potasio y la vitamina D, pero reduzca el sodio

Elija leche o yogur descremados o con bajo contenido de grasa más frecuentemente que queso. La leche y el yogur tienen más potasio y menos sodio que la mayoría de los quesos. Además, casi todas las variedades de leche y muchos tipos de yogur vienen enriquecidos con vitamina D.



3 agréguelos a sus comidas

Use leche o yogur descremado o con contenido bajo de grasa con el cereal y la avena. Agregue yogur con bajo contenido de grasa a las ensaladas de fruta y papas horneadas en lugar de aderezos más grasosos como la crema agria.



4 Elija quesos con menos grasa

Muchos quesos tienen un alto contenido de grasas saturadas. Busque etiquetas que digan “grasa reducida” o “bajo en grasa” (“reduced fat” o “low fat”). Pruebe marcas o tipos distintos para encontrar los que más le gusten.

5 ¿y qué del queso crema?

El queso crema regular, la crema y la mantequilla **no son** parte del grupo de productos lácteos. Son altos en grasas saturadas y carecen o tienen muy poco calcio.

* ¿Qué se considera una taza en el grupo de lácteos? 1 taza de leche o yogur, 1½ onzas de queso natural, 2 onzas de queso procesado.

6 cambio de ingredientes

Use yogur sin sabor cuando una receta de aderezo pida crema agria. Use leche evaporada descremada en lugar de crema y pruebe queso ricotta en lugar de queso crema.

7 tenga cuidado al elegir productos lácteos dulces

Las leches con sabor, los yogures de frutas, yogures congelados y pudines pueden contener grandes cantidades adicionales de azúcar. Esos azúcares adicionales son calorías sin valor nutritivo. Usted necesita los nutrientes de los productos lácteos, no esas calorías.

8 ¿bebe café?

De ser así, obtenga su calcio junto con su dosis de cafeína por la mañana. Prepare o pida el café con leche o el capuccino con leche descremada o baja en grasa.

9 ¿no puede beber leche?

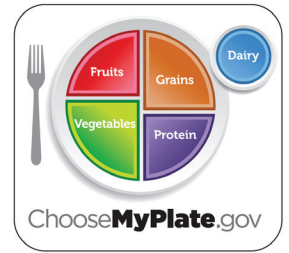
Si no tolera la lactosa, pruebe leche sin lactosa o beba la leche en cantidades pequeñas a la vez, o bien pruebe la leche de soja (bebida de soja). Consulte la etiqueta de datos de nutrición para asegurarse de que su leche de soja tenga aproximadamente 300 mg de calcio. El calcio presente en algunos vegetales verdes se absorbe bien pero no será suficiente comer varias tazas al día para satisfacer las necesidades de calcio.

10 cuídese y cuide a su familia

Los padres que beben leche y comen productos lácteos les muestran a sus hijos que eso es importante. Los productos lácteos son de importancia especial para los huesos en desarrollo de los niños y los adolescentes. Incluya regularmente alimentos lácteos descremados o bajos en grasa en las comidas y los bocadillos para que todos se beneficien.



with protein foods, variety is key



10 tips for choosing protein

Protein foods include both animal (meat, poultry, seafood, and eggs) and plant (beans, peas, soy products, nuts, and seeds) sources. We all need protein—but most Americans eat enough, and some eat more than they need. How much is enough? Most people, ages 9 and older, should eat 5 to 7 ounces* of protein foods each day.

1 vary your protein food choices
Eat a variety of foods from the Protein Foods Group each week. Experiment with main dishes made with beans or peas, nuts, soy, and seafood.

2 choose seafood twice a week
Eat seafood in place of meat or poultry twice a week. Select a variety of seafood—include some that are higher in oils and low in mercury, such as salmon, trout, and herring.



3 make meat and poultry lean or low fat
Choose lean or low-fat cuts of meat like round or sirloin and ground beef that is at least 90% lean. Trim or drain fat from meat and remove poultry skin.

4 have an egg
One egg a day, on average, doesn't increase risk for heart disease, so make eggs part of your weekly choices. Only the egg yolk contains cholesterol and saturated fat, so have as many egg whites as you want.

5 eat plant protein foods more often
Try beans and peas (kidney, pinto, black, or white beans; split peas; chickpeas; hummus), soy products (tofu, tempeh, veggie burgers), nuts, and seeds. They are naturally low in saturated fat and high in fiber.



6 nuts and seeds
Choose unsalted nuts or seeds as a snack, on salads, or in main dishes to replace meat or poultry. Nuts and seeds are a concentrated source of calories, so eat small portions to keep calories in check.

7 keep it tasty and healthy
Try grilling, broiling, roasting, or baking—they don't add extra fat. Some lean meats need slow, moist cooking to be tender—try a slow cooker for them. Avoid breading meat or poultry, which adds calories.

8 make a healthy sandwich
Choose turkey, roast beef, canned tuna or salmon, or peanut butter for sandwiches. Many deli meats, such as regular bologna or salami, are high in fat and sodium—make them occasional treats only.



9 think small when it comes to meat portions
Get the flavor you crave but in a smaller portion. Make or order a smaller burger or a "petite" size steak.

10 check the sodium
Check the Nutrition Facts label to limit sodium. Salt is added to many canned foods—including beans and meats. Many processed meats—such as ham, sausage, and hot dogs—are high in sodium. Some fresh chicken, turkey, and pork are brined in a salt solution for flavor and tenderness.

* What counts as an ounce of protein foods? 1 ounce lean meat, poultry, or seafood; 1 egg; ¼ cup cooked beans or peas; ½ ounce nuts or seeds; or 1 tablespoon peanut butter.

en lo que concierne a las proteínas, la variedad es la clave

10 consejos para elegir proteínas



La proteína de los alimentos provienen de fuentes tanto animales (carne, aves, mariscos y huevos) como de plantas (frijoles, guisantes, productos de soja, nueces y semillas). Todos necesitamos proteína; pero la mayoría de los estadounidenses comen cantidades suficientes, y algunos de ellos más de lo que necesitan. ¿Cuánto es suficiente? La mayoría de las personas de 9 años de edad y mayores deben comer de 5 a 7 onzas* de comidas con proteína cada día.

1 varíe sus fuentes de proteína
Consuma variedad de alimentos del grupo de proteínas por semana. Pruebe platos preparados con legumbres, nueces, soja, pescados y mariscos.

2 coma pescados y mariscos dos veces por semana
Coma pescado o mariscos en lugar de carne de res o aves dos veces por semana. Elija pescados y mariscos variados. Incluya opciones más ricas en aceite y más bajas en mercurio, como salmón, trucha y arenque.



3 elija carnes de res y aves magras o con bajo contenido de grasa
Elija cortes de carne con bajo contenido de grasa, como paleta y lomo, y carne molida por lo menos 90% magra. Recorte o escurra la grasa de las carnes y quíteles el pellejo a las carnes de ave.

4 coma huevos
En promedio, comer un huevo al día no aumenta el riesgo de enfermedad cardíaca, así que incluya huevos en sus opciones para la semana. Sólo la yema de huevo contiene colesterol y grasas saturadas, de manera que puede comer tanta clara de huevo como desee.

5 coma proteínas de fuentes vegetales con más frecuencia
Pruebe legumbres (frijoles rojos, rosados, negros o blancos, arvejas, garbanzos, puré de garbanzos), productos de soja (tofú, tempeh, hamburguesas vegetarianas), nueces y semillas. Son naturalmente bajas en grasas saturadas y tienen alto contenido de fibra.



6 nueces y semillas
Elija nueces o semillas sin sal como bocadillos y agréguelas a las ensaladas o a platos principales en lugar de carne de res o aves. Las nueces y semillas son fuentes concentradas de calorías, de manera que coma porciones más pequeñas para mantener las calorías bajo control.

7 hágalas sabrosas y sanas
Pruebe carnes a la plancha, parrilla, rostizadas u horneadas; estos métodos no agregan grasa. Algunas carnes magras necesitan ser cocidas lentamente y con líquido para que queden tiernas. Evite empanar las carnes de res o aves, ya que eso agrega calorías.

8 prepárese un sándwich saludable
Prepare sándwiches de pavo, rosbif, tuna o salmón enlatados, o bien mantequilla de cacahuate (maní). Muchos embutidos, como la salchicha ahumada regular o el salame, tienen alto contenido de grasa y sodio. Cómalas como antojitos ocasionales únicamente.



9 piense en menos al comer porciones de carne
Saboree el gusto que desee, pero en cantidades más pequeñas. Prepare o pida una hamburguesa más pequeña o filetes tipo "miñón."

10 verifique el contenido de sodio
Verifique la etiqueta de datos de nutrición para limitar el sodio. A muchas comidas enlatadas, entre ellas los frijoles y las carnes, se les agrega sal. Muchas carnes procesadas, como el jamón, las salchichas y los fiambres o embutidos, tienen alto contenido de sodio. Algunos cortes de pollo, pavo y cerdo se marinan en soluciones de sal para agregarles sabor y terneza.

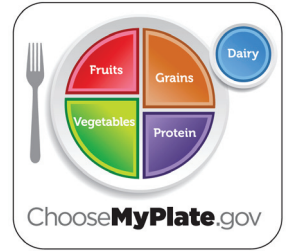
* ¿Qué cuenta como una onza de proteína? 1 onza de carne de res o ave magra, pescado o mariscos; 1 huevo; ¼ taza de frijoles o guisantes cocidos; ½ onza de nueces o semillas o 1 cucharada de mantequilla de cacahuate (maní).

10 tips

Nutrition
Education Series

build a healthy meal

10 tips for healthy meals



A healthy meal starts with more vegetables and fruits and smaller portions of protein and grains. Think about how you can adjust the portions on your plate to get more of what you need without too many calories. And don't forget dairy—make it the beverage with your meal or add fat-free or low-fat dairy products to your plate.

1 make half your plate veggies and fruits

Vegetables and fruits are full of nutrients and may help to promote good health. Choose red, orange, and dark-green vegetables such as tomatoes, sweet potatoes, and broccoli.



2 add lean protein

Choose protein foods, such as lean beef and pork, or chicken, turkey, beans, or tofu. Twice a week, make seafood the protein on your plate.

3 include whole grains

Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.

4 don't forget the dairy

Pair your meal with a cup of fat-free or low-fat milk. They provide the same amount of calcium and other essential nutrients as whole milk, but less fat and calories. Don't drink milk? Try soy milk (soy beverage) as your beverage or include fat-free or low-fat yogurt in your meal.



5 avoid extra fat

Using heavy gravies or sauces will add fat and calories to otherwise healthy choices. For example, steamed broccoli is great, but avoid topping it with cheese sauce. Try other options, like a sprinkling of low-fat parmesan cheese or a squeeze of lemon.

6 take your time

Savor your food. Eat slowly, enjoy the taste and textures, and pay attention to how you feel. Be mindful. Eating very quickly may cause you to eat too much.

7 use a smaller plate

Use a smaller plate at meals to help with portion control. That way you can finish your entire plate and feel satisfied without overeating.

8 take control of your food

Eat at home more often so you know exactly what you are eating. If you eat out, check and compare the nutrition information. Choose healthier options such as baked instead of fried.

9 try new foods

Keep it interesting by picking out new foods you've never tried before, like mango, lentils, or kale. You may find a new favorite! Trade fun and tasty recipes with friends or find them online.



10 satisfy your sweet tooth in a healthy way

Indulge in a naturally sweet dessert dish—fruit! Serve a fresh fruit cocktail or a fruit parfait made with yogurt. For a hot dessert, bake apples and top with cinnamon.

cómo preparar platos sanos



10 consejos para platos sanos

Un plato sano comienza con más vegetales y frutas, y porciones más pequeñas de proteínas y granos. Piense en cómo ajustar las porciones en su plato para obtener más de lo que necesita sin demasiadas calorías. Tampoco olvide los productos lácteos; haga de ellos su bebida de acompañamiento o agregue a su plato productos lácteos descremados o con bajo contenido de grasa.

1 haga que la mitad de su plato consista en frutas y vegetales

Las vegetales y las frutas están repletas de nutrientes que tal vez le ayuden a promover la buena salud. Elija vegetales de color rojo, anaranjado y verde oscuro como tomates, camotes (batatas) y brócoli.

2 agregue proteínas magras

Elija alimentos ricos en proteína, como carne de res y cerdo magras, pollo y pavo, frijoles o tofu. Dos veces por semana, haga que la proteína en su plato provenga de pescados y mariscos.



3 incluya granos integrales

Intente que por lo menos la mitad de los granos consumidos sean granos integrales. Busque las designaciones "100% granos integrales" o "100% trigo integral" ("whole grain, whole wheat") en las etiquetas. Los granos integrales contienen más nutrientes, como fibra, que los granos refinados.

4 no olvide los productos lácteos

Acompañe sus comidas con una taza de leche descremada o baja en grasa. Esta contiene la misma cantidad de calcio y otros nutrientes esenciales que la leche entera, pero con menos grasa y calorías. ¿No bebe leche? Pruebe leche de soja (bebida de soja) como su bebida, o bien incluya en su comida yogur descremado con bajo contenido de grasa.



5 evite la grasa adicional

El uso de salsas o aderezos espesos agregará grasas y calorías a comidas que de otro modo serían sanas. Por ejemplo, el brócoli al vapor es excelente, pero evite cubrirlo con salsa de queso. Pruebe otras opciones, como queso parmesano rallado bajo en grasa o jugo de limón.

6 coma con calma

Saboree la comida. Coma despacio, disfrute del sabor y las texturas, y preste atención a cómo se siente. Tenga en cuenta que comer demasiado rápido puede resultar en comer demasiado.

7 use un plato más pequeño

Use platos más pequeños a la hora de comida para controlar las porciones. De esa manera puede "limpiar el plato" y sentirse satisfecho sin comer demasiado.

8 controle sus alimentos

Coma en casa con más frecuencia para que sepa exactamente lo que come. Si sale a comer, estudie y compare la información de nutrición. Elija opciones más sanas como alimentos horneados en lugar de fritos.

9 pruebe alimentos nuevos

Mantenga el interés al elegir alimentos nuevos que tal vez nunca antes ha probado, como mangos, lentejas o lechuga japonesa. ¡Tal vez encuentre su nuevo alimento favorito! Intercambie recetas sabrosas y divertidas con sus amigos, o busque recetas nuevas en línea.



10 satisfaga el gusto dulce de manera sana

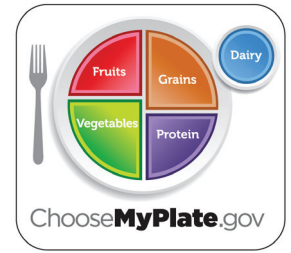
Permítase un postre naturalmente dulce: ¡frutas! Sirva ensalada de frutas frescas o un postre helado con yogur y fruta. Para un postre caliente, hornee manzanas y cúbralas con canela.

10 tips

Nutrition
Education Series

healthy eating for vegetarians

10 tips for vegetarians



A vegetarian eating pattern can be a healthy option. The key is to consume a variety of foods and the right amount of foods to meet your calorie and nutrient needs.

1 think about protein

Your protein needs can easily be met by eating a variety of plant foods. Sources of protein for vegetarians include beans and peas, nuts, and soy products (such as tofu, tempeh). Lacto-ovo vegetarians also get protein from eggs and dairy foods.

2 bone up on sources of calcium

Calcium is used for building bones and teeth. Some vegetarians consume dairy products, which are excellent sources of calcium. Other sources of calcium for vegetarians include calcium-fortified soymilk (soy beverage), tofu made with calcium sulfate, calcium-fortified breakfast cereals and orange juice, and some dark-green leafy vegetables (collard, turnip, and mustard greens; and bok choy).



3 make simple changes

Many popular main dishes are or can be vegetarian—such as pasta primavera, pasta with marinara or pesto sauce, veggie pizza, vegetable lasagna, tofu-vegetable stir-fry, and bean burritos.

4 enjoy a cookout

For barbecues, try veggie or soy burgers, soy hot dogs, marinated tofu or tempeh, and fruit kabobs. Grilled veggies are great, too!

5 include beans and peas

Because of their high nutrient content, consuming beans and peas is recommended for everyone, vegetarians and non-vegetarians alike. Enjoy some vegetarian chili, three bean salad, or split pea soup. Make a hummus-filled pita sandwich.



6 try different veggie versions

A variety of vegetarian products look—and may taste—like their non-vegetarian counterparts but are usually lower in saturated fat and contain no cholesterol. For breakfast, try soy-based sausage patties or links. For dinner, rather than hamburgers, try bean burgers or falafel (chickpea patties).

7 make some small changes at restaurants

Most restaurants can make vegetarian modifications to menu items by substituting meatless sauces or non-meat items, such as tofu and beans for meat, and adding vegetables or pasta in place of meat. Ask about available vegetarian options.



8 nuts make great snacks

Choose unsalted nuts as a snack and use them in salads or main dishes. Add almonds, walnuts, or pecans instead of cheese or meat to a green salad.

9 get your vitamin B₁₂

Vitamin B₁₂ is naturally found only in animal products. Vegetarians should choose fortified foods such as cereals or soy products, or take a vitamin B₁₂ supplement if they do not consume any animal products. Check the Nutrition Facts label for vitamin B₁₂ in fortified products.

10 find a vegetarian pattern for you

Go to www.dietaryguidelines.gov and check appendices 8 and 9 of the *Dietary Guidelines for Americans, 2010* for vegetarian adaptations of the USDA food patterns at 12 calorie levels.

La alimentación sana para los vegetarianos

10 consejos para vegetarianos



Una dieta vegetariana puede ser una opción sana. La clave está en consumir alimentos variados y la cantidad correcta de alimentos para satisfacer sus necesidades de calorías y nutrientes.

1 piense en las proteínas

Las necesidades de proteínas pueden satisfacerse fácilmente al consumir varios alimentos de origen vegetal. Las fuentes de proteínas para los vegetarianos incluyen las legumbres, las nueces y los productos de soja (tofú, tempeh). Los lacto-ovo-vegetarianos que consumen productos lácteos y huevos también obtienen proteínas de los huevos y productos lácteos.

2 fortalézcase con fuentes de calcio

El calcio se utiliza en la formación de los huesos y los dientes. Algunos vegetarianos consumen productos lácteos, los cuales son excelentes fuentes de calcio. Otras fuentes de calcio para los vegetarianos incluyen la leche de soja enriquecida con calcio (bebida de soja), el tofu hecho con sulfato de calcio, los cereales para el desayuno y el jugo de naranja fortalecidos con calcio y algunos vegetales de hoja verde oscuro (berzas, nabo, hojas de mostaza y bok choy).



3 haga cambios sencillos

Muchos platos principales populares son o pueden prepararse vegetarianos, como pasta primavera con salsa marinara o pesto, pizza vegetariana, salteado de tofu y vegetales, y burritos rellenos de frijoles.

4 cocine al aire libre

En las barbacoas, pruebe las hamburguesas vegetarianas o de soja, salchichas de soja, tofu o tempeh marinados y brochetas de fruta. ¡Los vegetales a la parrilla también son sabrosos!

5 incluya frijoles y guisantes

Por su alto contenido nutricional, se recomienda el consumo de frijoles y guisantes a todas las personas, tanto vegetarianas como no vegetarianas.

Disfrute de chili vegetariano, ensalada de mezcla de tres frijoles, o sopa de arvejas. Prepare un sándwich en pan pita relleno de puré de garbanzos (“hummus”).



6 pruebe distintos platos vegetarianos

Muchos productos vegetarianos imitan el mismo aspecto, y a veces el mismo sabor, que los productos no vegetarianos, por lo general tienen un contenido más bajo de grasas saturadas y no contienen colesterol. En el desayuno, pruebe salchichas y embutidos en forma de hamburguesa hechos a base de soja. Para la cena, en lugar de hamburguesas, pruebe embutido de frijoles o falafel (tortas de garbanzo).



7 haga algunos pequeños cambios en los restaurantes

La mayoría de los restaurantes pueden adaptar los platos del menú a versiones vegetarianas al sustituir salsas sin carne, tofu y frijoles en lugar de carne, y al agregar vegetales o fideos y tallarines en lugar de carne. Pregunte sobre las opciones vegetarianas disponibles.

8 las nueces son excelentes bocadillos

Elija nueces sin sal como bocadillo, y úselas en ensaladas o platos principales. Agregue almendras, nueces o pecanas a una ensalada verde en lugar de queso o carne.

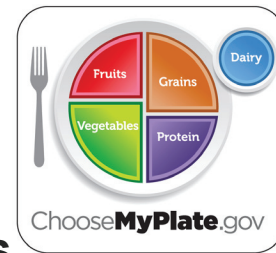
9 obtenga su vitamina B₁₂

En su estado natural, la vitamina B₁₂ se encuentra únicamente en productos derivados de animales. Los vegetarianos deben elegir alimentos enriquecidos, como cereales o productos de soja, o tomar un suplemento de vitamina B₁₂ si no consumen ningún producto de origen animal. Consulte la etiqueta de datos de nutrición para ver si los productos están enriquecidos con vitamina B₁₂.

10 encuentre una dieta vegetariana que funcione para usted

Vaya a www.dietaryguidelines.gov y consulte los apéndices 8 y 9 de la edición de 2010 de las *Guías Alimenticias para los Estadounidenses del USDA* para ver adaptaciones vegetarianas de los patrones de alimentación para 12 niveles de calorías.

smart shopping for veggies and fruits



10 tips for affordable vegetables and fruits

It is possible to fit vegetables and fruits into any budget. Making nutritious choices does not have to hurt your wallet. Getting enough of these foods promotes health and can reduce your risk of certain diseases. There are many low-cost ways to meet your fruit and vegetable needs.

1 celebrate the season

Use fresh vegetables and fruits that are in season. They are easy to get, have more flavor, and are usually less expensive. Your local farmer's market is a great source of seasonal produce.



2 why pay full price?

Check the local newspaper, online, and at the store for sales, coupons, and specials that will cut food costs. Often, you can get more for less by visiting larger grocery stores (discount grocers if available).

3 stick to your list

Plan out your meals ahead of time and make a grocery list. You will save money by buying only what you need. Don't shop when you're hungry. Shopping after eating will make it easier to pass on the tempting snack foods. You'll have more of your food budget for vegetables and fruits.

4 try canned or frozen

Compare the price and the number of servings from fresh, canned, and frozen forms of the same veggie or fruit. Canned and frozen items may be less expensive than fresh. For canned items, choose fruit canned in 100% fruit juice and vegetables with "low sodium" or "no salt added" on the label.



5 buy small amounts frequently

Some fresh vegetables and fruits don't last long. Buy small amounts more often to ensure you can eat the foods without throwing any away.

6 buy in bulk when items are on sale

For fresh vegetables or fruits you use often, a large size bag is the better buy. Canned or frozen fruits or vegetables can be bought in large quantities when they are on sale, since they last much longer.

7 store brands = savings

Opt for store brands when possible. You will get the same or similar product for a cheaper price. If your grocery store has a membership card, sign up for even more savings.

8 keep it simple

Buy vegetables and fruits in their simplest form. Pre-cut, pre-washed, ready-to-eat, and processed foods are convenient, but often cost much more than when purchased in their basic forms.



9 plant your own

Start a garden—in the yard or a pot on the deck—for fresh, inexpensive, flavorful additions to meals. Herbs, cucumbers, peppers, or tomatoes are good options for beginners. Browse through a local library or online for more information on starting a garden.



10 plan and cook smart

Prepare and freeze vegetable soups, stews, or other dishes in advance. This saves time and money. Add leftover vegetables to casseroles or blend them to make soup. Overripe fruit is great for smoothies or baking.

la buena compra de vegetales y frutas



10 consejos para economizar en vegetales y frutas

Es posible incluir vegetales y frutas en todo presupuesto. Tomar decisiones nutritivas no tiene que costar demasiado dinero. Comer estos alimentos en cantidades suficientes promueve la buena salud y puede ayudarle a reducir el riesgo de contraer ciertas enfermedades. Hay muchas maneras económicas de satisfacer sus necesidades de consumo de frutas y vegetales.

1 celebre la temporada

Use frutas y vegetales frescos de temporada. Son fáciles de obtener, saben mejor y, por lo general, cuestan menos. Su mercado local es una fuente excelente de productos frescos de temporada.



2 no vale la pena pagar el precio completo

Busque en el periódico local, en internet y en las tiendas las ventas especiales, cupones de descuento y ofertas que pueden reducir el costo de los alimentos. A menudo, puede comprar más por menos en supermercados (o tiendas de descuento, si están disponibles).

3 mantenga una lista de compras

Planifique sus comidas por adelantado y haga una lista de compras. Ahorrará dinero al comprar sólo lo que necesita. No vaya de compras cuando tenga hambre. Ir de compras después de comer hará que sea más fácil pasar por alto los bocado tentadores. Tendrá más dinero disponible en su presupuesto para comprar vegetales y frutas.

4 pruebe productos enlatados o congelados

Compare el precio y la cantidad de raciones de las variedades frescas, enlatadas y congeladas de los mismos vegetales o frutas. Los artículos enlatados y congelados pueden ser menos costosos que los frescos. En el caso de artículos enlatados, elija frutas envasadas en 100% jugo de fruta y vegetales con etiquetas que indican "bajo en sodio" o "sin sal adicional" ("low in sodium" o "without added salt").



5 compre cantidades pequeñas frecuentemente

Algunos vegetales y frutas frescas no duran mucho. Compre cantidades pequeñas con mayor frecuencia para garantizar que pueda comerlos y no se echen a perder.

6 compre a granel cuando los artículos estén en venta especial

En el caso de los vegetales y las frutas que usa con frecuencia, las bolsas más grandes son más económicas. Las frutas y vegetales enlatados y congelados duran más y se pueden comprar en cantidades grandes cuando están en venta especial.

7 las marcas de las tiendas = ahorros para usted

Si es posible elija comprar las marcas de las tiendas. Obtendrá un producto idéntico o similar a un precio módico. Si su supermercado tiene una tarjeta de descuento para miembros, inscríbese para ahorrar aún más.

8 mantenga las cosas simples

Compre los vegetales y las frutas en sus formas más simples. Los alimentos pre cortados, pre lavados, listos para el consumo y procesados son convenientes pero a menudo cuestan mucho más que si se compran en sus formas frescas.



9 cultive sus propios vegetales y frutas

Cultive alimentos frescos, económicos y sabrosos, en el huerto, jardín, o en el balcón, para añadir a sus comidas. Para los principiantes, las hierbas, los pepinos, pimientos o tomates son buenas opciones. Busque en su biblioteca local o en línea para obtener más información sobre cómo sembrar un huerto.



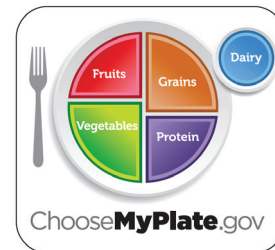
10 planifique y cocine de manera astuta

Prepare de antemano y congele sopas, guisos u otros platos con vegetales. Eso le ahorrará tiempo y dinero. Agregue restos de vegetales a cazuelas, o mézclelos para hacer sopa. Las frutas maduras son excelentes para hacer batidos o para hornear.

10 tips

Nutrition
Education Series

liven up your meals with vegetables and fruits



10 tips to improve your meals with vegetables and fruits

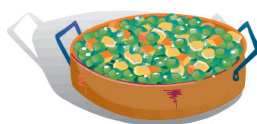
Discover the many benefits of adding vegetables and fruits to your meals. They are low in fat and calories, while providing fiber and other key nutrients. Most Americans should eat more than 3 cups—and for some, up to 6 cups—of vegetables and fruits each day. Vegetables and fruits don't just add nutrition to meals. They can also add color, flavor, and texture. Explore these creative ways to bring healthy foods to your table.

1 fire up the grill

Use the grill to cook vegetables and fruits. Try grilling mushrooms, carrots, peppers, or potatoes on a kabob skewer. Brush with oil to keep them from drying out. Grilled fruits like peaches, pineapple, or mangos add great flavor to a cookout.

2 expand the flavor of your casseroles

Mix vegetables such as sauteed onions, peas, pinto beans, or tomatoes into your favorite dish for that extra flavor.



3 planning something Italian?

Add extra vegetables to your pasta dish. Slip some peppers, spinach, red beans, onions, or cherry tomatoes into your traditional tomato sauce. Vegetables provide texture and low-calorie bulk that satisfies.

4 get creative with your salad

Toss in shredded carrots, strawberries, spinach, watercress, orange segments, or sweet peas for a flavorful, fun salad.

5 salad bars aren't just for salads

Try eating sliced fruit from the salad bar as your dessert when dining out. This will help you avoid any baked desserts that are high in calories.

6 get in on the stir-frying fun

Try something new! Stir-fry your veggies—like broccoli, carrots, sugar snap peas, mushrooms, or green beans—for a quick-and-easy addition to any meal.

7 add them to your sandwiches

Whether it is a sandwich or wrap, vegetables make great additions to both. Try sliced tomatoes, romaine lettuce, or avocado on your everyday sandwich or wrap for extra flavor.



8 be creative with your baked goods

Add apples, bananas, blueberries, or pears to your favorite muffin recipe for a treat.

9 make a tasty fruit smoothie

For dessert, blend strawberries, blueberries, or raspberries with frozen bananas and 100% fruit juice for a delicious frozen fruit smoothie.



10 liven up an omelet

Boost the color and flavor of your morning omelet with vegetables. Simply chop, saute, and add them to the egg as it cooks. Try combining different vegetables, such as mushrooms, spinach, onions, or bell peppers.

Avive sus comidas con vegetales y frutas



10 consejos para mejorar sus comidas con vegetales y frutas

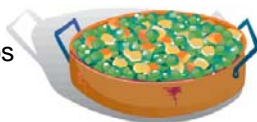
Descubra los muchos beneficios de agregar vegetales y frutas a sus comidas. Son bajos en contenido de grasas y calorías, también son buenas fuentes de fibra y otros nutrientes. A la mayoría de los estadounidenses les conviene comer más de 3 tazas y a algunos hasta 6 tazas de vegetales y frutas todos los días. Los vegetales y las frutas no sólo agregan valor nutritivo a las comidas; también les agregan color, sabor y textura. Explore las siguientes maneras de llevar alimentos sanos a la mesa.

1 encienda la parrilla

Use la parrilla para cocer vegetales y frutas. Pruebe brochetas de setas o champiñones, zanahorias, pimientos o papas a la parrilla. Úntele aceite para que no se resequen. Las frutas a la parrilla, como melocotones, piña o mangos, agregan mucho sabor a las parrilladas.

2 amplíe el sabor de sus cazuelas

Mezcle vegetales como cebollas salteadas, guisantes, frijoles pintos o tomates en su plato favorito para agregarle sabor.



3 ¿tiene planeada una comida italiana?

Agregue cantidades adicionales de vegetales a sus platos de fideos o tallarines. Agregue pimientos, espinaca, frijoles rojos, cebolla o tomates cereza a su salsa de tomate tradicional. Los vegetales agregan textura y cuerpo que satisfacen y son bajos en calorías.

4 sea creativo con sus ensaladas

Mezcle zanahorias ralladas, fresas, espinaca, berro, trozos de naranja o guisantes para crear una ensalada sabrosa y colorida.

5 La sección de alimentos preparados no sólo tiene ensaladas de vegetales

Al salir a cenar, pruebe comer frutas picadas como postre. Eso le ayudará a evitar los postres horneados con alto contenido de calorías.

6 diviértase salteando los vegetales

¡Pruebe algo nuevo! Saltee los vegetales, como brocoli, zanahorias, guisantes dulces, setas o champiñones, o habichuelas tiernas, para agregarlas fácilmente a cualquier comida.

7 agréguelas a sus sándwiches

Ya se trate de un sándwich o una tortilla de harina enrollada, los vegetales van muy bien con ambos. Pruebe rebanadas de tomate, lechuga romana o aguacate en su sándwich o tortilla de harina enrollada de todos los días para agregar sabor.



8 sea creativo con los productos horneados

Para un gusto adicional, agregue manzanas, plátanos, bayas o peras a su receta de mollete o kekito favorito.

9 prepare un rico batido de frutas

Como postre, mezcle fresas, arándanos o frambuesas con plátano congelado y 100% jugo de fruta para preparar un delicioso batido de frutas.



10 avive las tortillas de huevo

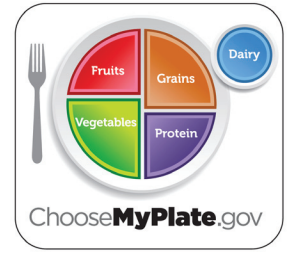
Mejore el color y el sabor de la tortilla de huevo mañanera agregándole vegetales. Sencillamente córtelos, saltéelos y agréguelos a los huevos mientras los coce. Pruebe combinaciones distintas de vegetales, como setas o champiñones, espinaca, cebolla o pimientos dulces.

10 tips

Nutrition
Education Series

kid-friendly veggies and fruits

10 tips for making healthy foods more fun for children



Encourage children to eat vegetables and fruits by making it fun. Provide healthy ingredients and let kids help with preparation, based on their age and skills. Kids may try foods they avoided in the past if they helped make them.

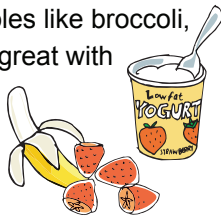
1 smoothie creations

Blend fat-free or low-fat yogurt or milk with fruit pieces and crushed ice. Use fresh, frozen, canned, and even overripe fruits. Try bananas, berries, peaches, and/or pineapple. If you freeze the fruit first, you can even skip the ice!



2 delicious dippers

Kids love to dip their foods. Whip up a quick dip for veggies with yogurt and seasonings such as herbs or garlic. Serve with raw vegetables like broccoli, carrots, or cauliflower. Fruit chunks go great with a yogurt and cinnamon or vanilla dip.



3 caterpillar kabobs

Assemble chunks of melon, apple, orange, and pear on skewers for a fruity kabob. For a raw veggie version, use vegetables like zucchini, cucumber, squash, sweet peppers, or tomatoes.

4 personalized pizzas

Set up a pizza-making station in the kitchen. Use whole-wheat English muffins, bagels, or pita bread as the crust. Have tomato sauce, low-fat cheese, and cut-up vegetables or fruits for toppings. Let kids choose their own favorites. Then pop the pizzas into the oven to warm.

5 fruity peanut butterfly

Start with carrot sticks or celery for the body. Attach wings made of thinly sliced apples with peanut butter and decorate with halved grapes or dried fruit.

6 frosty fruits

Frozen treats are bound to be popular in the warm months. Just put fresh fruits such as melon chunks in the freezer (rinse first). Make “popsicles” by inserting sticks into peeled bananas and freezing.

7 bugs on a log

Use celery, cucumber, or carrot sticks as the log and add peanut butter. Top with dried fruit such as raisins, cranberries, or cherries, depending on what bugs you want!

8 homemade trail mix

Skip the pre-made trail mix and make your own. Use your favorite nuts and dried fruits, such as unsalted peanuts, cashews, walnuts, or sunflower seeds mixed with dried apples, pineapple, cherries, apricots, or raisins. Add whole-grain cereals to the mix, too.

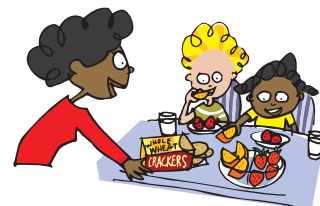


9 potato person

Decorate half a baked potato. Use sliced cherry tomatoes, peas, and low-fat cheese on the potato to make a funny face.

10 put kids in charge

Ask your child to name new veggie or fruit creations. Let them arrange raw veggies or fruits into a fun shape or design.



vegetales y frutas para niños



10 consejos para que los alimentos sanos sean más divertidos para los niños

Para animar a los niños a comer vegetales y frutas, hágalas divertidas. Provea ingredientes sanos y permita que los niños ayuden en su preparación según sus edades y destrezas. Los niños tal vez deseen probar comidas que en el pasado han rechazado si ayudaron a prepararlas.

1 creaciones de batidos

Mezcle yogur o leche descremados o bajos en grasa con trozos de fruta y hielo triturado. Use frutas frescas, congeladas, enlatadas o maduras. Pruebe plátanos, arándanos, melocotones y piña. ¡Si congela las frutas de antemano, no es necesario añadir hielo!



2 aderezos deliciosos

A los niños les gusta sumergir alimentos en aderezos. Prepare un aderezo rápido para los vegetales a base de yogur y condimentos como hierbas o ajo. Sírvalo con vegetales crudos como brócoli, zanahorias o coliflor. Los trozos de fruta combinan muy bien con un aderezo de yogur y canela o vainilla.



3 "orugas" comestibles

Prepare brochetas con trozos de melón, manzana, naranja y pera. Para la versión con vegetales, use productos como pepinos, calabacín, pimientos o tomates.

4 pizzas personalizadas

Convierta su cocina en una pizzería. Use panecillos ingleses de trigo integral, roscas de pan o pan pita como base. Agregue salsa de tomate, queso bajo en grasa y vegetales o frutas en trozos. Permita que los niños elijan sus favoritos. Luego, ponga las pizzas en el horno para calentarlas.

5 "mariposas" de mantequilla de cacahuate (maní) con fruta

Comience con palillos de zanahoria o apio para el cuerpo. Use mantequilla de maní para adherir alas, hechas de rebanadas finas de manzana y decórelas con uvas o frutas secas.

6 frutas congeladas

Los bocadillos congelados seguramente serán muy populares durante los meses cálidos del verano. Sencillamente coloque frutas frescas, como trozos de melón, en el congelador (enjuáguelos primero). Haga "paletas" congelando bananas sin cáscara con palillos.

7 "insectos sobre un tronco"

Use palillos de apio, pepino o zanahoria como troncos y úntelos con mantequilla de cacahuate (maní). Ponga frutas secas como pasas, arándanos o cerezas sobre el tronco, dependiendo de qué insecto desee.

8 Mezcla de nueces y frutas secas hecha en casa

Prepárela usted mismo. Use las nueces y frutas secas que prefiera, como cacahuate (maní) sin sal, castañas, nueces o semillas de girasol y mézclelas con trozos de manzana, piña, cerezas, albaricoques o pasas secas. Agregue cereal de granos integrales también.

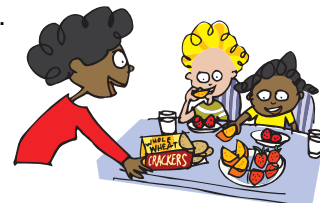


9 "cara de papa"

Decore media papa horneada. Coloque rebanadas de tomates cereza, guisantes y queso bajo en grasa sobre la papa para crear una cara cómica.

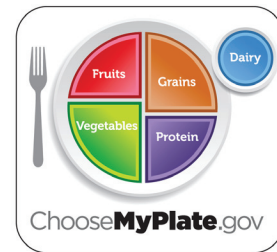
10 deje que los niños estén a cargo

Pídales a sus hijos que nombren las nuevas creaciones de vegetales o frutas. Permítales arreglar las vegetales o frutas crudas para crear formas o diseños divertidos.



be a healthy role model for children

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.

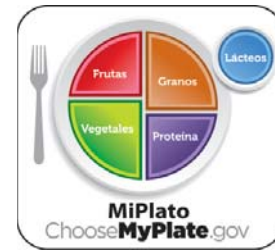


10 be a good food role model

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.

dé buen ejemplo de salud a los niños

10 consejos para dar buenos ejemplos



Usted es la influencia más importante para sus hijos. Puede hacer muchas cosas para ayudar a sus hijos a desarrollar hábitos de alimentación sana, para toda la vida. Ofrecer una variedad de comidas ayuda a los niños a obtener los nutrientes que necesitan de cada grupo de alimentos. También tendrán mayores probabilidades de querer probar alimentos nuevos y que estos les gusten. Cuando los niños desarrollan un gusto por muchos tipos distintos de alimentos, es más fácil planificar las comidas de la familia. ¡Cocinen juntos, coman juntos, hablen y hagan que las comidas sean tiempos dedicados a la familia!

1 eduque con su ejemplo

Coma vegetales, frutas y granos integrales en las comidas o como bocadillos. Deje que su hijo vea que a usted le gusta comer vegetales frescos.



2 vayan de compra juntos

Ir de compras de comestibles puede educar a sus hijos sobre los alimentos y la nutrición. Hablen sobre de dónde provienen los vegetales, las frutas, los granos, los productos lácteos y las proteínas. Permita que sus hijos tomen decisiones saludables.

3 sea creativo en la cocina

Use moldes para galletitas para cortar los alimentos en formas divertidas y fáciles. Nombre los alimentos que sus hijos ayuden a preparar. Sirva la “ensalada de Janie” o los “camotes de Jackie” a la cena. Anime a sus hijos a inventarse bocadillos nuevos. Prepare sus propias mezclas de nueces y frutas con granos integrales secos, cereales con bajo contenido de azúcar y frutas secas.

4 ofrézcales los mismos alimentos a todos

Deje de “cocinar a la carta” al preparar varios platos distintos para complacer a los niños. Es más fácil planear las comidas familiares cuando todos comen lo mismo.



5 recompense con atención, no con comida

Demuestre su amor con abrazos y besos. Consuele con abrazos y conversaciones. No ofrezca dulces como recompensas. Eso permite que sus hijos comiencen a pensar que los postres son mejores que otros alimentos. Si no se comen la comida, los niños no necesitan “otras cosas”, como dulces o galletitas, para reemplazarla.

6 en la mesa enfóquese en la familia

Hable sobre temas divertidos y felices a la hora de comer. Apague el televisor. No conteste el teléfono. Intente hacer que la hora de comida sea un período libre de estrés.



7 preste atención a sus hijos

Si sus hijos dicen que tienen hambre, ofrézcales bocadillos pequeños y sanos, aunque no sea hora de comer. Ofrezca opciones. Pregunte “¿Qué les gustaría en la cena: brócoli o coliflor?” en lugar de decir “¿Quieren brócoli con la cena?”

8 limite el tiempo frente a una pantalla

No permita más de 2 horas al día frente a la televisión o la computadora. Levántese y muévase durante los anuncios para hacer algo de actividad física.

9 anime la actividad física

Haga que la actividad física sea divertida para toda la familia. Involucre a sus hijos en la planificación. Camine, corra y juegue con sus hijos, en lugar de sólo observar. Dé el ejemplo al estar físicamente activo y usar equipo de seguridad, como cascos de bicicleta.



10 dé el buen ejemplo de alimentación

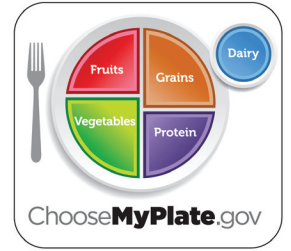
Pruebe alimentos nuevos también. Describa el sabor, la textura y el olor. Ofrezca un alimento nuevo a la vez. Sirva un alimento nuevo con algún otro que les guste a sus hijos. Ofrezca alimentos nuevos al empezar a comer, cuando sus hijos tienen mucha hambre. Evite las discusiones o el forzar a sus hijos a comer.

10 tips

Nutrition
Education Series

cut back on your kid's sweet treats

10 tips to decrease added sugars



Limit the amount of foods and beverages with added sugars your kids eat and drink. If you don't buy them, your kids won't get them very often. Sweet treats and sugary drinks have a lot of calories but few nutrients. Most added sugars come from sodas, sports drinks, energy drinks, juice drinks, cakes, cookies, ice cream, candy, and other desserts.

1 serve small portions

It's not necessary to get rid of all sweets and desserts. Show kids that a small amount of treats can go a long way. Use smaller bowls and plates for these foods. Have them share a candy bar or split a large cupcake.

2 sip smarter

Soda and other sweet drinks contain a lot of sugar and are high in calories. Offer water, 100% juice, or fat-free milk when kids are thirsty.



3 use the check-out lane that does not display candy

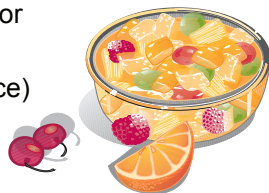
Most grocery stores will have a candy-free check-out lane to help moms out. Waiting in a store line makes it easy for children to ask for the candy that is right in front of their faces to tempt them.

4 choose not to offer sweets as rewards

By offering food as a reward for good behavior, children learn to think that some foods are better than other foods. Reward your child with kind words and comforting hugs, or give them non-food items, like stickers, to make them feel special.

5 make fruit the everyday dessert

Serve baked apples, pears, or enjoy a fruit salad. Or, serve yummy frozen juice bars (100% juice) instead of high-calorie desserts.



6 make food fun

Sugary foods that are marketed to kids are advertised as "fun foods." Make nutritious foods fun by preparing them with your child's help and being creative together. Create a smiley face with sliced bananas and raisins. Cut fruit into fun and easy shapes with cookie cutters.

7 encourage kids to invent new snacks

Make your own snack mixes from dry whole-grain cereal, dried fruit, and unsalted nuts or seeds. Provide the ingredients and allow kids to choose what they want in their "new" snack.



8 play detective in the cereal aisle

Show kids how to find the amount of total sugars in various cereals. Challenge them to compare cereals they like and select the one with the lowest amount of sugar.

9 make treats "treats," not everyday foods

Treats are great once in a while. Just don't make treat foods an everyday thing. Limit sweet treats to special occasions.

10 if kids don't eat their meal, they don't need sweet "extras"

Keep in mind that candy or cookies should not replace foods that are not eaten at meal time.

Reduzca el consumo de golosinas de sus hijos



10 consejos para reducir el azúcar adicional

Limite la cantidad de alimentos y bebidas endulzadas que sus hijos comen y beben. Si no los compra, sus hijos no los beberán muy a menudo. Las golosinas y las bebidas endulzadas tienen muchas calorías pero pocos nutrientes. La mayoría de los azúcares adicionales provienen de gaseosas, bebidas deportivas, bebidas de energía, bebidas a base de jugo, pasteles, galletas dulces, helados, dulces y otros postres.

1 sirva porciones pequeñas

No es necesario eliminar completamente los dulces y los postres, pero enseñe a sus hijos que las golosinas en cantidades pequeñas son suficientes. Use tazones y platos más pequeños para servir esos alimentos. Permita que sus hijos compartan una barra de dulce o un bizcocho grande.



2 beba juiciosamente

Las gaseosas y otros refrescos dulces contienen mucho más azúcar y más calorías. Cuando sus hijos tengan sed ofrézcales agua, 100% jugo o leche descremada.

3 use la cajera que no tenga dulces

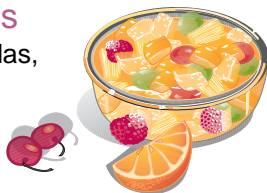
La mayoría de los supermercados tienen cajeras sin dulces para ayudar a las madres. La espera en la fila para pagar anima a los niños a pedir los tentadores dulces que les rodean.

4 no ofrezca dulces como recompensas

Al ofrecer alimentos como recompensas del buen comportamiento, los niños aprenden a pensar que algunos alimentos son mejores que otros. Recompense a sus hijos con palabras cariñosas y abrazos de consuelo, u ofrézcales otros artículos no comestibles como calcomanías para que se sientan especiales.

5 haga que las frutas sean el postre de todos los días

Sirva manzanas o peras asadas, o ensalada de frutas. También sirva sabrosas barras de jugo congelado (100% jugo) en lugar de postres con alto contenido de calorías.



6 haga las comidas divertidas

Las golosinas para los niños se comercializan como “comidas divertidas.” Haga que las comidas nutritivas sean divertidas al prepararlas con ayuda de sus hijos y de manera creativa. Invente una cara sonriente con rebanadas de plátano y pasas. Use moldes para galletitas para cortar las frutas en formas divertidas y fáciles.

7 anime a sus hijos a inventarse bocadillos nuevos

Prepare sus bocadillos con cereales secos de granos integrales, frutas secas y nueces o semillas sin sal. Provea los ingredientes y permita que los niños elijan lo que quieren preparar como bocadillo “nuevo.”



8 juegue al detective en el estante de cereales

Enseñe a los niños cómo encontrar la cantidad total de azúcar en varios cereales. Anímelos a comparar los cereales que les gustan y a seleccionar el que tenga menos azúcar.

9 haga que las golosinas sean “especiales” no comidas de todos los días

Las golosinas son fabulosas de vez en cuando. Pero no haga que sean comidas de todos los días. Limite las golosinas dulces a ocasiones especiales.

10 si los niños no se comen sus comidas, no hay que darles dulces “extra”

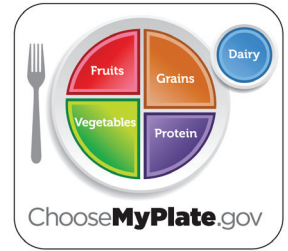
Tenga en mente que los dulces o las galletitas no deben reemplazar los alimentos no consumidos a la hora de comer.

10 tips

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Education Series

salt and sodium

10 tips to help you cut back



It's clear that Americans have a taste for salt, but salt plays a role in high blood pressure. Everyone, including kids, should reduce their sodium intake to less than 2,300 milligrams of sodium a day (about 1 teaspoon of salt). Adults age 51 and older, African Americans of any age, and individuals with high blood pressure, diabetes, or chronic kidney disease should further reduce their sodium intake to 1,500 mg a day.

1 think fresh

Most of the sodium Americans eat is found in processed foods. Eat highly processed foods less often and in smaller portions—especially cheesy foods, such as pizza; cured meats, such as bacon, sausage, hot dogs, and deli/luncheon meats; and ready-to-eat foods, like canned chili, ravioli, and soups. Fresh foods are generally lower in sodium.

2 enjoy home-prepared foods

Cook more often at home—where you are in control of what's in your food. Preparing your own foods allows you to limit the amount of salt in them.

3 fill up on veggies and fruits—they are naturally low in sodium

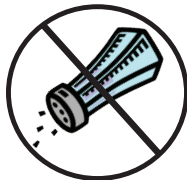
Eat plenty of vegetables and fruits—fresh or frozen. Eat a vegetable or fruit at every meal.

4 choose dairy and protein foods that are lower in sodium

Choose more fat-free or low-fat milk and yogurt in place of cheese, which is higher in sodium. Choose fresh beef, pork, poultry, and seafood, rather than those with salt added. Deli or luncheon meats, sausages, and canned products like corned beef are higher in sodium. Choose unsalted nuts and seeds.

5 adjust your taste buds

Cut back on salt little by little—and pay attention to the natural tastes of various foods. Your taste for salt will lessen over time.



6 skip the salt

Skip adding salt when cooking. Keep salt off the kitchen counter *and* the dinner table. Use spices, herbs, garlic, vinegar, or lemon juice to season foods or use no-salt seasoning mixes. Try black or red pepper, basil, curry, ginger, or rosemary.

7 read the label

Read the Nutrition Facts label and the ingredients statement to find packaged and canned foods lower in sodium. Look for foods labeled “low sodium,” “reduced sodium,” or “no salt added.”

8 ask for low-sodium foods when you eat out

Restaurants may prepare lower sodium foods at your request and will serve sauces and salad dressings on the side so you can use less.

9 pay attention to condiments

Foods like soy sauce, ketchup, pickles, olives, salad dressings, and seasoning packets are high in sodium. Choose low-sodium soy sauce and ketchup. Have a carrot or celery stick instead of olives or pickles. Use only a sprinkling of flavoring packets instead of the entire packet.

10 boost your potassium intake

Choose foods with potassium, which may help to lower your blood pressure. Potassium is found in vegetables and fruits, such as potatoes, beet greens, tomato juice and sauce, sweet potatoes, beans (white, lima, kidney), and bananas. Other sources of potassium include yogurt, clams, halibut, orange juice, and milk.

la sal y el sodio

10 consejos para ayudarlo a reducirlos



Está claro que a los estadounidenses les gusta la sal, pero la sal influye en la presión arterial alta. Todos, incluso los niños, debemos reducir el consumo de sodio a menos de 2,300 miligramos al día. Los adultos de 51 años de edad y mayores, las personas de ascendencia afroamericana de cualquier edad y con presión arterial alta, diabetes o enfermedad renal crónica deben reducir el consumo de sodio a 1,500 mg al día.

1 piense en alimentos frescos

La mayor parte del sodio que consumen los estadounidenses proviene de alimentos procesados. Coma alimentos procesados con menos frecuencia y en porciones pequeñas, especialmente alimentos con queso como pizzas, carnes procesadas como tocino, chorizo, salchichas y embutidos, así como alimentos listos para comer como chili, ravioli y sopas enlatadas. Por lo general, los alimentos frescos tienen menos sodio.

2 disfrute alimentos preparados en casa

Cocine en casa con más frecuencia, donde puede controlar los ingredientes de sus comidas. Preparar sus propios alimentos le permite limitar la cantidad de sal.

3 llénese de vegetales y frutas, son naturalmente bajas en sodio

Coma cantidades abundantes de vegetales y frutas, frescas o congeladas. Coma una fruta o vegetal con cada comida.

4 elija productos lácteos y proteínas con el contenido más bajo de sodio

Elija leche o yogur descremados o con bajo contenido de grasa más frecuentemente que queso, que contiene más sodio. Elija carne de res, cerdo, aves, pescados y mariscos frescos, en lugar de los procesados con sal. Los embutidos, salchichas y productos enlatados, tienen un alto contenido de sodio. Elija nueces y semillas sin sal.

5 ajuste su paladar

Reduzca la sal que consume gradualmente, y preste atención al sabor natural de varios alimentos.

Con el tiempo, su gusto por la sal se reducirá.



6 no añada sal

Deje de añadir sal al cocinar. No deje saleros en el mostrador de la cocina o en la mesa. Use especias, hierbas, ajo, vinagre o jugo de limón para sazonar los alimentos, o use condimentos libres de sal. Pruebe pimienta negra o roja, albahaca, curry, jengibre o romero.

7 lea las etiquetas

Lea las etiquetas de datos de nutrición y la lista de ingredientes para encontrar alimentos envasados y enlatados con menos sodio. Busque alimentos con etiquetas que dicen “bajo en sodio”, “sodio reducido” o “sin sal adicional” (“low sodium,” “reduced sodium,” o “without added salt”).

8 cuando coma en restaurantes, pida comidas con bajo contenido de sodio

Si lo solicita, algunos restaurantes prepararán comidas con menos sodio y servirán las salsas y los aderezos para ensalada por separado, para que usted pueda usar menos.

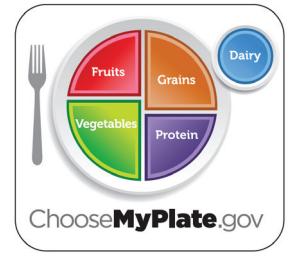
9 preste atención a los condimentos

Alimentos como salsa de soja, salsa de tomate (“catsup”), pepinillos, aceitunas, aderezos para ensaladas y paquetes de sazonador, tienen alto contenido de sodio. Elija salsa de soja y tomate con bajo contenido de sodio. Coma palillos de zanahoria o apio en lugar de aceitunas o pepinillos. Use únicamente parte de los paquetes de sazonador en lugar del paquete completo.

10 aumente su consumo de potasio

Elija alimentos ricos en potasio que pueden ayudar a reducirle la presión arterial. El potasio se encuentra en vegetales y frutas como papas, hojas de nabo, jugo y salsa de tomate, camotes, frijoles (blancos, lima, rojos) y plátanos. Otras fuentes de potasio incluyen yogur, ostras, “halibut,” jugo de naranja y leche.

eat seafood twice a week



10 tips to help you eat more seafood

Twice a week, make seafood—fish and shellfish—the main protein food on your plate.* Seafood contains a range of nutrients, including healthy omega-3 fats. According to the *2010 Dietary Guidelines for Americans*, eating about 8 ounces per week (less for young children) of a variety of seafood can help prevent heart disease.

1 eat a variety of seafood

Include some that are higher in omega-3s and lower in mercury, such as salmon, trout, oysters, Atlantic and Pacific mackerel, herring, and sardines.

2 keep it lean and flavorful

Try grilling, broiling, roasting, or baking—they don't add extra fat. Avoid breading or frying seafood and creamy sauces, which add calories and fat. Using spices or herbs, such as dill, chili powder, paprika, or cumin, and lemon or lime juice, can add flavor without adding salt.



3 shellfish counts too!

Oysters, mussels, clams, and calamari (squid) all supply healthy omega-3s. Try mussels marinara, oyster stew, steamed clams, or pasta with calamari.

4 keep seafood on hand

Canned seafood, such as canned salmon, tuna, or sardines, is quick and easy to use. Canned white tuna is higher in omega-3s, but canned "light" tuna is lower in mercury.



5 cook it safely

Check oysters, mussels, and clams before cooking. If shells don't clump shut when you tap them, throw them away. After cooking, also toss any that didn't open. This means that they may not be safe to eat. Cook shrimp, lobster, and scallops until they are opaque (milky white). Cook fish to 145°F, until it flakes with a fork.

*This recommendation does not apply to vegetarians.

6 get creative with seafood

Think beyond the fish fillet. Try salmon patties, a shrimp stir-fry, grilled fish tacos, or clams with whole-wheat pasta. Add variety by trying a new fish such as grilled Atlantic or Pacific mackerel, herring on a salad, or oven-baked pollock.



7 put it on a salad or in a sandwich

Top a salad with grilled scallops, shrimp, or crab in place of steak or chicken. Use canned tuna or salmon for sandwiches in place of deli meats, which are often higher in sodium.

8 shop smart

Eating more seafood does not have to be expensive. Whiting, tilapia, sardines, canned tuna, and some frozen seafood are usually lower cost options. Check the local newspaper, online, and at the store for sales, coupons, and specials to help save money on seafood.

9 grow up healthy with seafood

Omega-3 fats from seafood can help improve nervous system development in infants and children. Serve seafood to children twice a week in portions appropriate for their age and appetite. A variety of seafood lower in mercury should also be part of a healthy diet for women who are pregnant or breastfeeding.

10 know your seafood portions

To get 8 ounces of seafood a week, use these as guides: A drained can of tuna is about 3 to 4 ounces, a salmon steak ranges from 4 to 6 ounces, and 1 small trout is about 3 ounces.

coma productos marinos dos veces a la semana

10 consejos para ayudarle a comer más productos marinos



Prepare pescado y mariscos dos veces por semana como el principal alimento fuente de proteínas en su plato.*

Los productos marinos contienen variedad de nutrientes, incluyendo grasas saludables como omega-3, de acuerdo con la Guía Alimentaria para los estadounidenses del 2010 comer unas 8 onzas por semana (menos para los niños pequeños) puede ayudar a prevenir las enfermedades cardíacas.

1 coma variedad de productos marinos

Incluya algunos que tengan alto contenido de omega-3 y menor contenido de mercurio como: salmón, trucha, ostras, caballa del Atlántico o del Pacífico, arenques y sardinas.



2 manténgalos bajos en grasas y sabrosos

Prepárelos asados, a la parrilla, o horneados. Evite el apanado o la fritura de los productos marinos y las salsas de crema, ya que estos añaden calorías y grasa. Utilice especias y hierbas, como eneldo, ají en polvo, pimentón, comino y/o jugo de limón, para añadir sabor sin agregar sal.

3 ¡los mariscos también cuentan!

Las ostras, los mejillones, las almejas y los calamares suministran omega-3. Pruebe mejillones, estofado de ostras, almejas al vapor o pasta con calamares.

4 mantenga los productos marinos a la mano

El pescado enlatado como salmón, atún o sardinas, se puede usar de manera rápida y fácil. El atún blanco enlatado tiene más omega-3, pero el atún "light" enlatado tiene menos niveles de mercurio.



5 cocine de manera segura

Antes de cocinar, compruebe la frescura de las ostras, mejillones y almejas. Descártelas si las conchas crudas no se cierran al tocarlas o si después de cocinarlas no se abrieron. Esto significa que es posible que no sea seguro para comerlas. Cocine los camarones, las langostas y las vieiras hasta que estén blancas lechosas. Cocine el pescado a 145° F, hasta que se deshaga con el tenedor.

* Esta recomendación no se aplica los vegetarianos.

6 de rienda suelta a su creatividad con los productos marinos

Pruebe las hamburguesas de salmón, camarones salteados, tacos de pescado a la plancha o almejas con pasta integral. Agregue variedad probando un nuevo pescado como caballa a la plancha, arenque en una ensalada o abadejo horneado.



7 Póngalos en una ensalada o en un sándwich

Ponga a las ensaladas cangrejo, camarones o vieiras a la plancha en lugar de bistec o pollo. Utilice conservas de atún o salmón para los sándwiches en lugar de embutidos, que a menudo tienen más alto contenido de sodio.

8 compras inteligentes

Comer más productos marinos no tiene que ser caro. La pescadilla, la tilapia, las sardinas, el atún enlatado y algunos productos marinos congelados son generalmente opciones de menor costo. Para ayudarle a ahorrar dinero en productos marinos busque ventas con descuento, cupones y ofertas especiales en el periódico local, internet y tiendas.

9 crezca saludable con los productos marinos

Las grasas omega-3 de los productos marinos pueden ayudar a mejorar el desarrollo del sistema nervioso en los lactantes y niños. Sirva productos marinos a los niños dos veces por semana en porciones adecuadas para su edad y apetito. Productos marinos bajos en mercurio también deben formar parte de la dieta para mujeres embarazadas o amamantando.

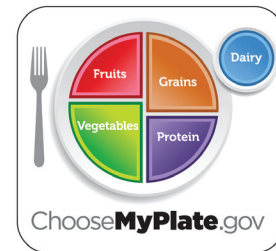
10 conozca las porciones de los productos de mar

Utilice la siguiente guía para obtener 8 onzas de productos marinos: una lata de atún escurrida tiene aproximadamente de 3 a 4 onzas, un filete de salmón pesa de 4 a 6 onzas y 1 trucha pequeña pesa alrededor de 3 onzas.

10 tips

Nutrition
Education Series

eating better on a budget



10 tips to help you stretch your food dollars

Get the most for your food budget! There are many ways to save money on the foods that you eat. The three main steps are planning before you shop, purchasing the items at the best price, and preparing meals that stretch your food dollars.

1 plan, plan, plan!

Before you head to the grocery store, plan your meals for the week. Include meals like stews, casseroles, or stir-fries, which “stretch” expensive items into more portions. Check to see what foods you already have and make a list for what you need to buy.



2 get the best price

Check the local newspaper, online, and at the store for sales and coupons. Ask about a loyalty card for extra savings at stores where you shop. Look for specials or sales on meat and seafood—often the most expensive items on your list.

3 compare and contrast

Locate the “Unit Price” on the shelf directly below the product. Use it to compare different brands and different sizes of the same brand to determine which is more economical.

4 buy in bulk

It is almost always cheaper to buy foods in bulk. Smart choices are family packs of chicken, steak, or fish and larger bags of potatoes and frozen vegetables. Before you shop, remember to check if you have enough freezer space.

5 buy in season

Buying fruits and vegetables in season can lower the cost and add to the freshness! If you are not going to use them all right away, buy some that still need time to ripen.

6 convenience costs... go back to the basics

Convenience foods like frozen dinners, pre-cut vegetables, and instant rice, oatmeal, or grits will cost you more than if you were to make them from scratch. Take the time to prepare your own—and save!

7 easy on your wallet

Certain foods are typically low-cost options all year round. Try beans for a less expensive protein food. For vegetables, buy carrots, greens, or potatoes. As for fruits, apples and bananas are good choices.



8 cook once...eat all week!

Prepare a large batch of favorite recipes on your day off (double or triple the recipe). Freeze in individual containers. Use them throughout the week and you won't have to spend money on take-out meals.

9 get your creative juices flowing

Spice up your leftovers—use them in new ways. For example, try leftover chicken in a stir-fry or over a garden salad, or to make chicken chili. Remember, throwing away food is throwing away your money!

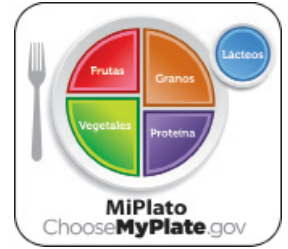
10 eating out

Restaurants can be expensive. Save money by getting the early bird special, going out for lunch instead of dinner, or looking for “2 for 1” deals. Stick to water instead of ordering other beverages, which add to the bill.

10 consejos

Serie de educación en nutrición

coma mejor dentro del presupuesto



10 consejos para ayudarle a que los dólares para la comida le rindan

¡Haga rendir su presupuesto de comidas! Hay muchas maneras de ahorrar dinero en la comida. Los tres pasos principales son planificar antes de comprar, comprar los artículos al mejor precio y preparar comidas que hagan rendir su presupuesto.

1 **planificar, planificar, planificar**
Antes de dirigirse al supermercado, planifique sus comidas de la semana. Incluya comidas como guisos, cazuelas o frituras, las cuales hacen rendir los productos caros en más porciones. Verifique que ingredientes tiene y haga una lista de los que necesita comprar.



2 **obtenga el mejor precio**
Busque ofertas y cupones en el periódico local, internet o supermercados. Para lograr ahorros adicionales pregunte por tarjetas de afiliado en la tienda donde hace sus compras. Busque ofertas en carnes y productos marinos, los cuales a menudo son los productos más caros de su lista.

3 **compare y busque diferencias**
Busque el "precio unitario" mostrado en el estante, directamente debajo del producto. Utilícelo para comparar diferentes marcas y tamaños del mismo producto y determinar cuál es el más económico.

4 **compre a granel**
Casi siempre es más barato comprar alimentos a granel. Por ejemplo los paquetes familiares de pollo, filete o pescado, bolsas de papa grandes y vegetales congelados. Antes de comprar, recuerde verificar si tiene suficiente espacio en el congelador.

5 **compre de acuerdo con la estación**
Comprar frutas y vegetales de temporada puede disminuir el costo y añadir productos frescos. Si no va a utilizarlas inmediatamente, compre las que necesitan tiempo para madurar.

6 **costos de conveniencia... regrese a lo básico**
Los alimentos procesados como cenas congeladas, vegetales cortados y arroz, avena o sémola instantáneos o pre-cocidos le costarán más. Ahorre preparándolos usted misma.

7 **impacto en su bolsillo**
Ciertos alimentos son opciones de bajo costo durante todo el año. Ensaye con los frijoles para obtener comidas baratas con proteínas. En cuanto a vegetales, compre zanahorias, verduras o papas. En cuanto a las frutas, las manzanas y los plátanos son buenas opciones.



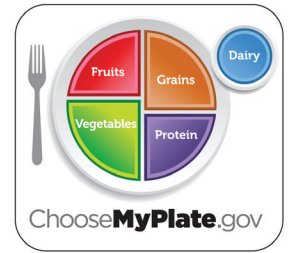
8 **cocine todo de una vez... coma durante toda la semana**
Prepárese lotes grandes de sus recetas favoritas en su día libre (doble o triplique la receta). Congele en recipientes individuales. Utilícelos durante toda la semana y no tendrá que gastar dinero en comidas para llevar.

9 **ponga a fluir sus jugos creativos**
Utilice las sobras en nuevas formas. Por ejemplo, pruebe el pollo sobrante frito, en una ensalada o haga ají de pollo. Recuerde, desechar alimentos es tirar el dinero.

10 **comer afuera**
Los restaurantes pueden resultar caros. Ahorre dinero obteniendo promociones especiales, salga a almorzar en lugar de ir a cenar, o busque ofertas de "2 por 1." Pida agua en lugar de otras bebidas, las cuales suman a la cuenta final.

10 tips
Nutrition
Education Series

use SuperTracker your way



10 tips to get started

SuperTracker is an online tool where you can get a personalized nutrition and activity plan. Track what you eat and your activities to see how they stack up, and get tips and support to help you make healthy choices.

1 create a profile

Enter information about yourself on the **Create Profile** page to get a personal calorie limit and food plan; register to save your data and access it any time.



2 compare foods

Check out **Food-A-Pedia** to look up nutrition info for over 8,000 foods and compare foods side by side.

3 get your plan

View **My Plan** to see your daily food group targets—what and how much to eat within your calorie allowance.

4 track your foods and activities

Use **Food Tracker** and **Physical Activity Tracker** to search from a database of over 8,000 foods and nearly 800 physical activities to see how your daily choices stack up against your plan; save favorites and copy for easy entry.



5 build a combo

Try **My Combo** to link and save foods that you typically eat together, so you can add them to meals with one click.

6 run a report

Go to **My Reports** to measure progress; choose from six reports that range from a simple meal summary to an indepth analysis of food group and nutrient intakes over time.



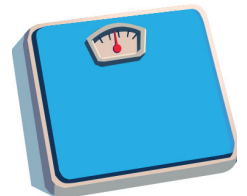
7 set a goal

Explore **My Top 5 Goals** to choose up to five personal goals that you want to achieve. Sign up for **My Coach Center** to get tips and support as you work toward your goals.



8 track your weight

Visit **My Weight Manager** to enter your weight and track progress over time; compare your weight history to trends in your calorie intake and physical activity.



9 record a journal entry

Use **My Journal** to record daily events; identify triggers that may be associated with changes in your health behaviors and weight.

10 refer a friend!

Tell your friends and family about **SuperTracker**; help them get started today.

10 consejos

Serie de educación en nutrición

use SuperTracker a su manera



10 consejos para empezar

SuperTracker es una herramienta en internet donde se puede obtener un plan personalizado de actividades y nutrición. Establezca el recor de lo que come y de sus actividades para ver cómo se integran, y obtenga consejos y apoyo para ayudar a tomar decisiones saludables. El “SuperTracker está disponible sólo en inglés.

1 cree un perfil

Introduzca información acerca de usted en la página “Create Profile” para obtener un plan personal de alimentos y su límite de calorías; regístrese para guardar sus datos y tener acceso en cualquier momento.



2 compare alimentos

Consulte “Food-A-Pedia” para buscar información de nutrición de más de 8,000 alimentos y compárelos unos con otros.

3 obtenga su plan

En “My Plan” podrá ver sus metas diarias para cada grupo de alimentos; qué y cuánto debe comer dentro de las calorías que tiene asignadas.

4 realice un seguimiento de sus actividades y alimentos

Use el “Food Tracker” y el “Physical Activity Tracker” para buscar en una base de datos de más de 8,000 alimentos y casi 800 actividades físicas y vea cómo sus opciones diarias se integran con respecto a su plan; guarde sus favoritos y copie para una entrada fácil.



5 construya un combo

Ensaye “My Combo” para enlazar y guardar alimentos que suele comer juntos, de manera que pueda agregarlos a las comidas con un solo clic.

6 ejecute un informe

Vaya a “My Report” para medir el progreso; elija entre seis informes que van desde un simple resumen de comida a un análisis profundo del grupo de alimentos y nutrientes ingeridos en un tiempo determinado.



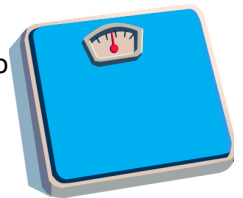
7 establezca una meta

Explore “My Top 5 Goals” para elegir hasta cinco metas personales que desee lograr. Regístrese en “My Coach Center” para obtener consejos y apoyo mientras trabaja para lograr sus objetivos.



8 haga un seguimiento de su peso

Visite “My Weight Manager” para introducir su peso y hacer un seguimiento en el tiempo; compare su historia de peso con sus tendencias en el consumo de calorías y la actividad física.



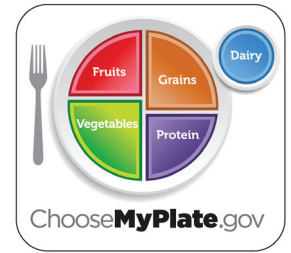
9 lleve un diario

Use “My Journal” para registrar eventos diarios; identifique los cambios en su cuerpo o comportamientos que pudieran estar asociados con cambios en su salud o peso.

10 remita a un amigo

Informe a sus amigos y familiares sobre “SuperTracker”; ayúdeles a empezar hoy.

enjoy your food, but eat less



10 tips to enjoying your meal

You can enjoy your meals while making small adjustments to the amounts of food on your plate. Healthy meals start with more vegetables and fruits and smaller portions of protein and grains. And don't forget dairy—include fat-free or low-fat dairy products on your plate, or drink milk with your meal.

1 get to know the foods you eat
Use the **SuperTracker** to find out what kinds of foods and how much to eat and to get tips and support for making better food choices.



2 take your time
Be mindful to eat slowly, enjoy the taste and textures, and pay attention to how you feel. Use hunger and fullness cues to recognize when to eat and when you've had enough.

3 use a smaller plate
Use a smaller plate at meals to help with portion control. That way you can finish your entire plate and feel satisfied without overeating.

4 if you eat out, choose healthier options
Check and compare nutrition information about the foods you are eating. Preparing food at home makes it easier to control what is in your meals.

5 satisfy your sweet tooth in a healthy way
Indulge in a naturally sweet dessert dish—fruit! Serve a fresh fruit cocktail or a fruit parfait made with yogurt. For a hot dessert, bake apples and top with cinnamon.



6 choose to eat some foods more or less often
Choose more vegetables, fruits, whole grains, and fat-free or 1% milk and dairy products. Cut back on foods high in solid fats, added sugars, and salt.

7 find out what you need
Get your personalized plan by using the **SuperTracker** to identify your food group targets. Compare the foods you eat to the foods you need to eat.

8 sip smarter
Drink water or other calorie-free beverages, 100% juice, or fat-free milk when you are thirsty. Soda and other sweet drinks contain a lot of sugar and are high in calories.



9 compare foods
Check out the **Food-A-Pedia** to look up and compare nutrition information for more than 8,000 foods.

10 make treats “treats,” not everyday foods
Treats are great once in a while. Just don't make treat foods an everyday choice. Limit sweet treats to special occasions.

10 consejos

Serie de educación en nutrición

disfrute de sus alimentos, pero coma menos

10 consejos para disfrutar de sus comidas



Puede disfrutar de sus comidas mientras hace pequeños ajustes a las cantidades de alimentos en su plato. Las comidas saludables empiezan con más vegetales, frutas, y porciones más pequeñas de proteínas y granos. No olvide los lácteos: incluya productos lácteos sin grasa o bajos en grasa en sus comidas, o beba leche con su comida.

1 conozca los alimentos que ingiere

Utilice el "Super Tracker" para averiguar cuánto y qué tipos de alimentos debe comer, también para obtener consejos y apoyo para hacer la mejor elección de alimentos.

SuperTracker

2 tómese el tiempo necesario

Tenga presente que debe comer despacio, disfrute del sabor y las texturas y preste atención a cómo se siente. Use las señales de hambre y saciedad para reconocer cuándo comer y si ha tenido suficiente.

3 use un plato más pequeño

Utilice platos más pequeños en las comidas para ayudar con el control de las porciones. Así puede terminar su plato completo y sentirse satisfecho sin comer en exceso.

4 Si come fuera, elija las opciones más saludables

Compruebe y compare la información nutricional sobre los alimentos que está comiendo. La preparación de los alimentos en el hogar hace más fácil controlar los ingredientes de sus comidas.

5 satisfaga sus deseos de comer algo dulce de manera saludable

Disfrute de un postre endulzado naturalmente, como las frutas. Sírvese un coctel de frutas fresco o con yogur. Para un postre caliente, hornee manzanas y remate con canela encima.



6 elija comer algunos alimentos con más o menos frecuencia

Elija más vegetales, frutas, granos enteros y leche descremada o productos lácteos bajos en grasa (1%). Disminuya el consumo de alimentos con alto contenido de grasas sólidas, azúcares añadidos y sal.

7 encuentre lo que necesita

Obtenga su plan personalizado utilizando el "Super Tracker" para identificar sus metas para cada grupo de alimentos. Compare los alimentos que come con los alimentos que necesita comer.

8 beba de forma inteligente

Cuando este sediento tome agua o bebidas libres de calorías, 100% jugo de frutas o leche sin grasa. Las gaseosas o refrescos y otras bebidas dulces contienen mucha azúcar y tienen un alto contenido de calorías.



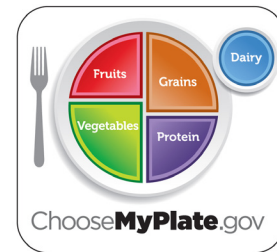
9 compare alimentos

Consulte "Food-A-Pedia" para buscar y comparar la información nutricional de más de 8,000 alimentos.

10 haga que las golosinas sean "golosinas," no comidas cotidianas

Las golosinas son buenas de vez en cuando. No trate de convertirlas en su alimento diario. Restrinja las golosinas dulces para ocasiones especiales.

make better beverage choices



10 tips to get started

What you drink is as important as what you eat. Many beverages contain added sugars and offer little or no nutrients, while others may provide nutrients but too much fat and too many calories. Here are some tips to help you make better beverage choices.

1 drink water

Drink water instead of sugary drinks when you're thirsty. Regular soda, energy or sports drinks, and other sweet drinks usually contain a lot of added sugar, which provides more calories than needed. To maintain a healthy weight, sip water or other drinks with few or no calories.



2 how much water is enough?

Let your thirst be your guide. Water is an important nutrient for the body, but everyone's needs are different. Most of us get enough water from the foods we eat and the beverages we drink. A healthy body can balance water needs throughout the day. Drink plenty of water if you are very active, live or work in hot conditions, or are an older adult.

3 a thrifty option

Water is usually easy on the wallet. You can save money by drinking water from the tap at home or when eating out.

4 manage your calories

Drink water with and between your meals. Adults and children take in about 400 calories per day as beverages—drinking water can help you manage your calories.

5 kid-friendly drink zone

Make water, low-fat or fat-free milk, or 100% juice an easy option in your home. Have ready-to-go containers filled with water or healthy drinks available in the refrigerator. Place them in lunch boxes or backpacks for easy access when kids are away from home. Depending on age, children can drink ½ to 1 cup, and adults can drink up to 1 cup of 100% fruit or vegetable juice* each day.



*100% juice is part of the Fruit or Vegetable Group. Juice should make up half or less of total recommended fruit or vegetable intake.

6 don't forget your dairy**

When you choose milk or milk alternatives, select low-fat or fat-free milk or fortified soymilk. Each type of milk offers the same key nutrients such as calcium, vitamin D, and potassium, but the number of calories are very different. Older children, teens, and adults need 3 cups of milk per day, while children 4 to 8 years old need 2½ cups and children 2 to 3 years old need 2 cups.



7 enjoy your beverage

When water just won't do—enjoy the beverage of your choice, but just cut back. Remember to check the serving size and the number of servings in the can, bottle, or container to stay within calorie needs. Select smaller cans, cups, or glasses instead of large or supersized options.

8 water on the go

Water is always convenient. Fill a clean, reusable water bottle and toss it in your bag or brief case to quench your thirst throughout the day. Reusable bottles are also easy on the environment.



9 check the facts

Use the Nutrition Facts label to choose beverages at the grocery store. The label contains information about total sugars, fats, and calories to help you make better choices.

10 compare what you drink

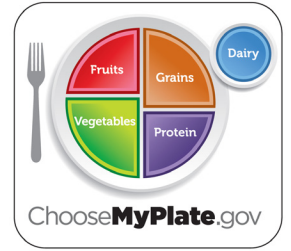
Food-A-Pedia, an online feature available at ChooseMyPlate.gov/SuperTracker, can help you compare calories, added sugars, and fats in your favorite beverages.

** Milk is a part of the Dairy Group. A cup = 1 cup of milk or yogurt, 1½ ounces of natural cheese, or 2 ounces of processed cheese.

10 tips

Nutrition
Education Series

make celebrations fun, healthy & active



10 tips to creating healthy, active events

Eating healthy and being physically active can be a fun part of parties and events. Great gatherings are easy to do when tasty, healthy foods from all the food groups are offered in a fun, active environment. Above all, focus on enjoying friends and family.

1 make healthy habits part of your celebrations

Food and beverages are a part of an event, but they do not have to be the center of the occasion. Focus on activities to get people moving and enjoy being together.

2 make foods look festive

Decorate foods with nuts or seeds or use new shapes for vegetables. Add a few eye-catching fruits to a favorite dish, serve up a new recipe, or add a sprinkle of almonds or green onions to add just an extra something.

3 offer thirst quenches that please

Make fun ice cubes from 100% juice or add slices of fruit to make water more exciting. Create a "float" by adding a scoop of low-fat sorbet to seltzer water.

4 savor the flavor

Take time to pay attention to the taste of each bite of food. Make small changes in your old recipes or try dishes from another culture to liven things up.

5 use ChooseMyPlate.gov to include foods from the food groups for your party

Offer whole-grain crackers, serve a spicy bean dip and a veggie tray, make fruit kabobs, layer yogurt and fruit to create a sweet parfait. Use whole grains and veggies to make a savory, healthy salad.

6 make moving part of every event

Being physically active makes everyone feel good. Dancing, moving, playing active games, wiggling, and giggling add fun to any gathering.

7 try out some healthier recipes

Find ways to cut back on sugar, salt, and fat as you prepare your favorite recipes. Try out some of the recipes on ChooseMyPlate.gov.

8 keep it simple

Have others participate by contributing a prepared dish, helping with the clean up, or keeping the kids active and moving.

9 shop smart to eat smart

Save money by offering foods that fit your budget. Buy in-season produce when it costs less and tastes better. Plan in advance and buy foods on sale.

10 be a cheerleader for healthy habits

It's never too early for adults to set an example. Keep in mind that children follow what the adults around them do—even at parties.



Why Participate?

Participating schools can:

- Get recognized nationally and earn monetary awards!

Gold Award of Distinction	\$2,000
Gold Award	\$1,500
Silver Award	\$1,000
Bronze Award	\$500

- Build school spirit, cooperation, and proudly display the HealthierUS banner and plaque as a symbol of their school's achievement.
- Be a leader in efforts to end childhood obesity. The HealthierUS School Challenge helps you form a school team and learn from what's worked at other schools.



How Can I Apply?

For more information, the application, success stories, and other resources, visit the Team Nutrition Web site: <http://teammnutrition.usda.gov> and click on HealthierUS School Challenge.

For additional information, you may also contact your State Child Nutrition Agency.

State Agency Contact Information:

“As a food service director who has seen firsthand how the HealthierUS School Challenge can have positive effects on our school and school improvement, I would wholeheartedly encourage anyone in a similar position to begin the journey and enjoy similar success.”

David Roberts, Food Service Director
Maine School Administrative District #52
Turner, ME



HealthierUS School Challenge



Recognizing Excellence in
Nutrition and Physical Activity



U. S. Department of Agriculture
Food and Nutrition Service
FNS-413

Revised June 2012

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Take the HealthierUS School Challenge!



Schools play an important role in helping to reduce childhood obesity. Kids who have healthy eating patterns and get regular physical activity are also more likely to perform better academically.

That's why the U.S. Department of Agriculture (USDA) offers the HealthierUS School Challenge to support the over 101,000 schools that participate in school meals programs in their efforts to promote nutritious food choices and physical activity.



What Is the HealthierUS School Challenge?

- The HealthierUS School Challenge is a voluntary certification initiative that has recognized thousands of schools for their efforts in improving food and beverage offerings, teaching kids about nutritious food choices and being physically active, providing opportunities for physical activity, and having supportive school wellness policies.
- Participation in the HealthierUS School Challenge is voluntary and certifies schools that meet specific criteria at four award levels: Bronze, Silver, Gold, and Gold Award of Distinction.

Who Can Apply?

Schools are eligible to apply if they:

- Participate in the School Breakfast Program (SBP) and the National School Lunch Program (NSLP).
- Are a USDA Team Nutrition school. Registering as a Team Nutrition school is easy, free, and connects you with free nutrition education and food service training materials for your school. Learn more at <http://teamnutrition.usda.gov>.

- Meet or exceed all HealthierUS School Challenge criteria for the desired award level relating to the following:
 - School Breakfast and Lunch Offerings
 - Foods Sold Outside of the School Meal Programs (such as in vending machines and à la carte)
 - Average Daily Participation for the SBP and NSLP (for Silver awards and higher)
 - Nutrition Education
 - Physical Education
 - Opportunities for Physical Activity
 - School Wellness Policies and Practices
 - A Menu of Other Criteria of Excellence From Which Schools Select

Healthier Middle Schools

Every parent can help.

Your child needs your involvement at home and school.

At home you do what you can to make sure your kids eat healthier and stay active. But since they spend so much of their day in middle school, your influence is needed there, too.

Parents are key to making middle schools healthier. Together we can influence:

- ✓ **Cafeteria menus**
- ✓ **Vending machine choices**
- ✓ **Fundraiser options**
- ✓ **Physical activity time during and after school**

There is power in numbers.

The USDA is reaching out not only to you but also to middle school teachers, school principals, food service managers, and students. Why? Because in schools where healthier change has successfully been made, people from all of these groups worked together to make it happen.

Physical activity and healthier foods can help your kids do better in school.

As almost any teacher will tell you, healthy foods and regular physical activity can make a positive difference in the classroom.^{1,2,3,4,5} They may help

kids to:

- ✓ **Concentrate better**
- ✓ **Perform at their best**
- ✓ **Have better attendance**



Some of the best ideas are on the back of this flyer, along with a web address where you can find ready-to-use materials to get started.

1. Florence MD, Asbridge M, Veugelers PJ. Diet quality and academic performance. *J Sch Health*. 2008; 78:209-215.

2. Fu ML, Cheng L, Tu SH, Pan WH. Association between unhealthful eating patterns and unfavorable overall school performance in children. *J Am Diet Assoc*. 2007; 107:1935-1943.

3. Sigfúsdóttir ID, Kristjánsson AL, Allegrante JP. Health behaviour and academic achievement in Icelandic school children. *Health Educ Res*. 2007; 22:70-80.

4. Kim HY, Frongillo EA, Han SS, Oh SY, Kim WK, Jang YA, Won HS, Lee HS, Kim SH. Academic performance of Korean children is associated with dietary behaviours and physical status. *Asia Pac J Clin Nutr*. 2003; 12:186-192.

5. Centers for Disease Control and Prevention. *The association between school based physical activity, including physical education, and academic performance*. Atlanta, GA: U.S. Department of Health and Human Services; 2010.

Middle schools get healthier when **parents** use their power.



Start a conversation.

Let people at school know this issue is important to you. Talk with the principal, your child's favorite teacher, or other parents. Ask who is working on ways to improve food or physical activity options and how you can help.



Let your kids see you making healthier choices.

Middle school kids still need their parents to show them the way. Be their role model for healthy foods and physical activity at home and school. Encourage them all you can.



Sign up. Join in.

Volunteer for a project or join a parent's committee on wellness.

Get on the agenda at the next parent's association meeting. Or start a parent's group online.



Make fundraisers healthier.

Instead of the usual candy and dessert foods, how about selling fresh fruit or holding a car wash or walkathon? Healthier choices can work just as well and are better for everybody.



Start small and work with others.

The important thing is to get something going now. Even small changes can make a healthy difference.



Get started today at TeamNutrition.usda.gov.

You'll find ready-to-use tools, like conversation starters and checklists. You'll also see what other middle school parents are doing to make their schools healthier.

Thanks for your help.



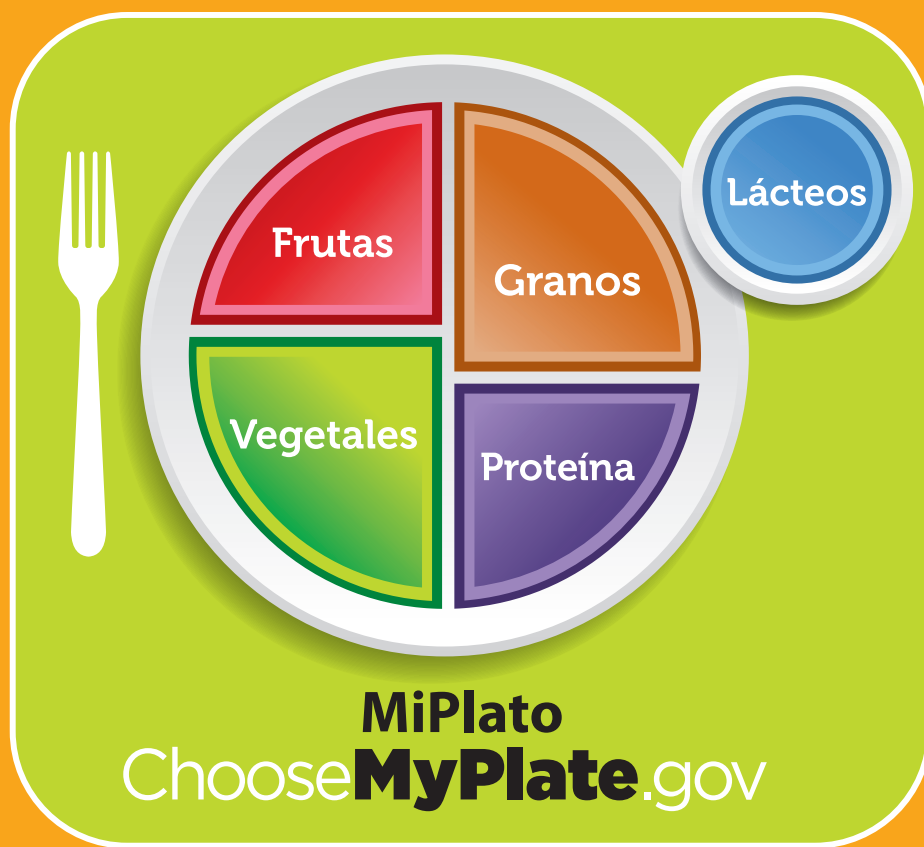
United States
Department of
Agriculture

TeamNutrition@fns.usda.gov

TeamNutrition.usda.gov

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¿Qué hay en su plato?



Antes de comer, piense qué y cuánto va a servir en el plato, tazón o vaso. Durante el transcurso del día, incluya alimentos de todos los grupos: vegetales, frutas, granos integrales, lácteos bajos en grasa y alimentos que contengan proteína y sean bajos grasas.



Haga que la mitad de su plato contenga frutas y vegetales.



Asegúrese de que por lo menos la mitad de los granos consumidos sean integrales.



Cambie a leche descremada o con 1% de grasa.



Varíe sus fuentes de proteína.

Vegetales	Frutas	Granos	Lácteos	Proteínas
<p>Coma más vegetales rojos, anaranjados y verde oscuro como tomates, camotes (batatas) y brócoli como parte de los platos principales.</p> <p>Agregue legumbres a las ensaladas (frijoles o garbanzos), sopas (guisantes o lentejas) y a los platos de acompañamiento (frijoles pintos o cocidos en salsa dulce), o sívalos como plato principal.</p> <p>Considere todo tipo de vegetales: frescos, congelados y enlatados. Elija vegetales enlatados con “sodio reducido” o “sin sal agregada” (“reduced sodium” o “without added salt”).</p>	<p>Use frutas como bocadillos, en ensaladas y postres. En el desayuno agregue bananas o fresas a su cereal; agregue arándanos a sus panqueques.</p> <p>Compre frutas secas, congeladas o enlatadas (en agua o 100% jugo), así como frutas frescas.</p> <p>Al seleccionar jugos, elija jugos 100% de fruta.</p>	<p>Elija opciones de panes, roscas de pan, panecillos, cereales para el desayuno, galletas, arroz, y fideos y tallarines hechos de granos integrales en lugar de granos refinados.</p> <p>Busque en la lista de ingredientes de las etiquetas de los productos por las palabras “integral” o “grano integral” (“whole grain”) antes del nombre del ingrediente.</p> <p>Elija productos que incluyan algún grano integral como el primer ingrediente de la lista.</p>	<p>Beba leche descremada (sin grasa) o de 1% de grasa (baja en grasa). Esta contiene la misma cantidad de calcio y otros nutrientes esenciales que la leche entera, pero con menos grasa y calorías.</p> <p>Use yogur bajo en grasa como aderezo para ensaladas de fruta y papas.</p> <p>Si no tolera la lactosa, pruebe leche sin lactosa o leche de soja enriquecida (bebida de soja).</p>	<p>Coma variedad de alimentos del grupo de la proteína cada semana, como: pescado, mariscos, legumbres y nueces; así como carnes magras de res y ave, y huevos.</p> <p>Haga que la proteína en su plato provenga de pescado y mariscos, dos veces por semana.</p> <p>Elija carnes magras y carne molida que sea por lo menos 90% magra.</p> <p>Recorte o escurra la grasa de las carnes y quíteles el pellejo a las carnes de ave para reducir la grasa y las calorías.</p>

Para llevar un plan de alimentación de 2,000 calorías al día, usted necesita las cantidades indicadas de los siguientes grupos de alimentos.
 Para encontrar las cantidades indicadas para usted, visite ChooseMyPlate.gov.

Consuma 2½ tazas al día	Consuma 2 tazas al día	Consuma 6 onzas al día	Consuma 3 tazas al día	Consuma 5½ onzas al día
<p>¿Cómo se calcula una taza? 1 taza de vegetales crudos o cocidos, o de jugo de vegetales; 2 tazas de vegetales de hoja crudas</p>	<p>¿Cómo se calcula una taza? 1 taza de frutas crudas o cocidas, o de jugo 100% de fruta; ½ taza de frutas secas</p>	<p>¿Cómo se calcula una onza? 1 rebanada de pan; ½ taza de arroz, cereal, o fideos o tallarines cocidos; 1 onza de cereal listo para comer</p>	<p>¿Cómo se calcula una taza? 1 taza de leche, yogur, o leche de soja fortificada; 1½ onzas de queso natural; 2 onzas de queso procesado</p>	<p>¿Cómo se calcula una onza? 1 onza de carne de res o ave magra, pescado o mariscos; 1 huevo; 1 cucharada de mantequilla de cacahuete (mani); ½ onza de nueces o semillas; ¼ de taza de legumbres</p>

Reduzca el sodio y las calorías sin valor nutritivo provenientes de las grasas sólidas y los azúcares agregados



Vea cuánta sal (sodio) contienen los alimentos que compra. Compare el sodio en los alimentos y elija los que tengan menos.

Beba agua en lugar de bebidas con azúcar. Coma alimentos azucarados con menos frecuencia.

Haga que las comidas con grandes cantidades de grasas saturadas, como pasteles, galletas dulces, helado, pizza, queso, chorizo y salchichas, sean opciones ocasionales y no comidas diarias.

Limite las calorías sin valor nutritivo a menos de 260 al día, para una dieta de 2,000 calorías al día.

Esté físicamente activo a su manera

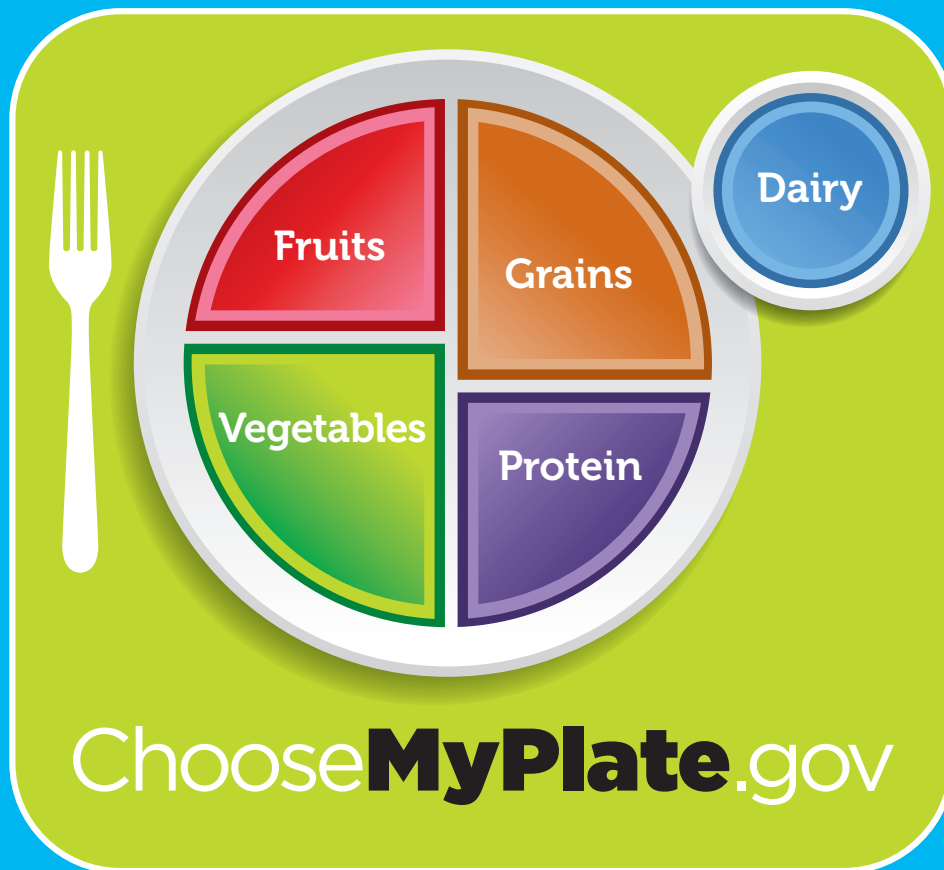
Elija actividades que le gusten y haga cada una de ellas por lo menos durante 10 minutos por vez. Todo ello se acumula y los beneficios de salud aumentan a medida que dedica más tiempo a estar activo.

Niños y adolescentes: 60 minutos o más al día.

Adultos: 2 horas y 30 minutos o más por semana de una actividad que requiera esfuerzo moderado, como caminar a paso rápido.



What's on your plate?



Before you eat, think about what and how much food goes on your plate or in your cup or bowl. Over the day, include foods from all food groups: vegetables, fruits, whole grains, low-fat dairy products, and lean protein foods.



Make half your plate fruits and vegetables.



Make at least half your grains whole.



Switch to skim or 1% milk.



Vary your protein food choices.

Vegetables	Fruits	Grains	Dairy	Protein Foods
<p>Eat more red, orange, and dark-green veggies like tomatoes, sweet potatoes, and broccoli in main dishes.</p> <p>Add beans or peas to salads (kidney or chickpeas), soups (split peas or lentils), and side dishes (pinto or baked beans), or serve as a main dish.</p> <p>Fresh, frozen, and canned vegetables all count. Choose “reduced sodium” or “no-salt-added” canned veggies.</p>	<p>Use fruits as snacks, salads, and desserts. At breakfast, top your cereal with bananas or strawberries; add blueberries to pancakes.</p> <p>Buy fruits that are dried, frozen, and canned (in water or 100% juice), as well as fresh fruits.</p> <p>Select 100% fruit juice when choosing juices.</p>	<p>Substitute whole-grain choices for refined-grain breads, bagels, rolls, breakfast cereals, crackers, rice, and pasta.</p> <p>Check the ingredients list on product labels for the words “whole” or “whole grain” before the grain ingredient name.</p> <p>Choose products that name a whole grain first on the ingredients list.</p>	<p>Choose skim (fat-free) or 1% (low-fat) milk. They have the same amount of calcium and other essential nutrients as whole milk, but less fat and calories.</p> <p>Top fruit salads and baked potatoes with low-fat yogurt.</p> <p>If you are lactose intolerant, try lactose-free milk or fortified soymilk (soy beverage).</p>	<p>Eat a variety of foods from the protein food group each week, such as seafood, beans and peas, and nuts as well as lean meats, poultry, and eggs.</p> <p>Twice a week, make seafood the protein on your plate.</p> <p>Choose lean meats and ground beef that are at least 90% lean.</p> <p>Trim or drain fat from meat and remove skin from poultry to cut fat and calories.</p>

For a 2,000-calorie daily food plan, you need the amounts below from each food group.
To find amounts personalized for you, go to ChooseMyPlate.gov.

<p>Eat 2½ cups every day</p> <p>What counts as a cup? 1 cup of raw or cooked vegetables or vegetable juice; 2 cups of leafy salad greens</p>	<p>Eat 2 cups every day</p> <p>What counts as a cup? 1 cup of raw or cooked fruit or 100% fruit juice; ½ cup dried fruit</p>	<p>Eat 6 ounces every day</p> <p>What counts as an ounce? 1 slice of bread; ½ cup of cooked rice, cereal, or pasta; 1 ounce of ready-to-eat cereal</p>	<p>Get 3 cups every day</p> <p>What counts as a cup? 1 cup of milk, yogurt, or fortified soymilk; 1½ ounces natural or 2 ounces processed cheese</p>	<p>Eat 5½ ounces every day</p> <p>What counts as an ounce? 1 ounce of lean meat, poultry, or fish; 1 egg; 1 Tbsp peanut butter; ½ ounce nuts or seeds; ¼ cup beans or peas</p>
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Cut back on sodium and empty calories from solid fats and added sugars



Look out for salt (sodium) in foods you buy. Compare sodium in foods and choose those with a lower number.

Drink water instead of sugary drinks. Eat sugary desserts less often.

Make foods that are high in solid fats—such as cakes, cookies, ice cream, pizza, cheese, sausages, and hot dogs—occasional choices, not every day foods.

Limit empty calories to less than 260 per day, based on a 2,000 calorie diet.

Be physically active your way

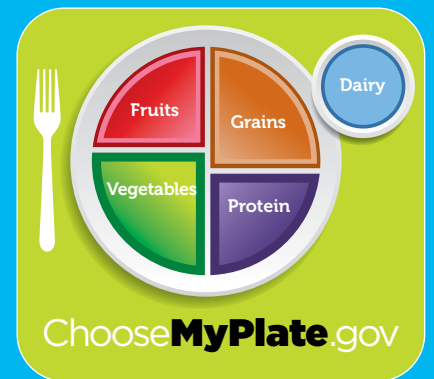
Pick activities you like and do each for at least 10 minutes at a time. Every bit adds up, and health benefits increase as you spend more time being active.

Children and adolescents: get 60 minutes or more a day.

Adults: get 2 hours and 30 minutes or more a week of activity that requires moderate effort, such as brisk walking.



Let's eat for the health of it



Start by choosing one or more tips to help you...



**Build a
healthy plate**



**Cut back on
foods high in solid
fats, added sugars,
and salt**



**Eat the right
amount of
calories for you**



**Be physically
active your way**

► Build a healthy plate

Before you eat, think about what goes on your plate or in your cup or bowl. Foods like vegetables, fruits, whole grains, low-fat dairy products, and lean protein foods contain the nutrients you need without too many calories. Try some of these options.

Make half your plate fruits and vegetables.

- Eat red, orange, and dark-green vegetables, such as tomatoes, sweet potatoes, and broccoli, in main and side dishes.
- Eat fruit, vegetables, or unsalted nuts as snacks—they are nature's original fast foods.

Switch to skim or 1% milk.

- They have the same amount of calcium and other essential nutrients as whole milk, but less fat and calories.
- Try calcium-fortified soy products as an alternative to dairy foods.



Make at least half your grains whole.

- Choose 100% whole-grain cereals, breads, crackers, rice, and pasta.
- Check the ingredients list on food packages to find whole-grain foods.



Vary your protein food choices.

- Twice a week, make seafood the protein on your plate.
- Eat beans, which are a **natural** source of fiber and protein.
- Keep meat and poultry portions small and lean.



Keep your food safe to eat—learn more at www.FoodSafety.gov.

► Cut back on foods high in solid fats, added sugars, and salt

Many people eat foods with too much solid fats, added sugars, and salt (sodium). Added sugars and fats load foods with extra calories you don't need. Too much sodium may increase your blood pressure.

Choose foods and drinks with little or no added sugars.

- Drink water instead of sugary drinks. There are about 10 packets of sugar in a 12-ounce can of soda.
- Select fruit for dessert. Eat sugary desserts less often.
- Choose 100% fruit juice instead of fruit-flavored drinks.

Look out for salt (sodium) in foods you buy—it all adds up.

- Compare sodium in foods like soup, bread, and frozen meals—and choose the foods with lower numbers.
- Add spices or herbs to season food without adding salt.



Eat fewer foods that are high in solid fats.

- Make major sources of saturated fats—such as cakes, cookies, ice cream, pizza, cheese, sausages, and hot dogs—occasional choices, not everyday foods.
- Select lean cuts of meats or poultry and fat-free or low-fat milk, yogurt, and cheese.
- Switch from solid fats to oils when preparing food.*

*Examples of solid fats and oils

Solid Fats

Beef, pork, and chicken fat
Butter, cream, and milk fat
Coconut, palm, and palm kernel oils
Hydrogenated oil
Partially hydrogenated oil
Shortening
Stick margarine

Oils

Canola oil
Corn oil
Cottonseed oil
Olive oil
Peanut oil
Safflower oil
Sunflower oil
Tub (soft) margarine
Vegetable oil

► Eat the right amount of calories for you



Everyone has a personal calorie limit. Staying within yours can help you get to or maintain a healthy weight. People who are successful at managing their weight have found ways to keep track of how much they eat in a day, even if they don't count every calorie.

Enjoy your food, but eat less.

- Get your personal daily calorie limit at www.ChooseMyPlate.gov and keep that number in mind when deciding what to eat.
- Think before you eat...is it worth the calories?
- Avoid oversized portions.
- Use a smaller plate, bowl, and glass.
- Stop eating when you are satisfied, not full.

Cook more often at home, where *you* are in control of what's in your food.

When eating out, choose lower calorie menu options.

- Check posted calorie amounts.
- Choose dishes that include vegetables, fruits, and/or whole grains.
- Order a smaller portion or share when eating out.



Write down what you eat to keep track of how much you eat.

If you drink alcoholic beverages, do so sensibly—limit to 1 drink a day for women or to 2 drinks a day for men.

► Be physically active your way

Pick activities that you like and start by doing what you can, at least 10 minutes at a time. Every bit adds up, and the health benefits increase as you spend more time being active.



Note to parents

What you eat and drink and your level of physical activity are important for your own health, and also for your children's health.



You are your children's most important role model. Your children pay attention to what you **do** more than what you **say**.

You can do a lot to help your children develop healthy habits for life by providing and eating healthy meals and snacks. For example, don't just **tell** your children to eat their vegetables—**show** them that you eat and enjoy vegetables every day.

Use food labels to help you make better choices

Most packaged foods have a Nutrition Facts label and an ingredients list. For a healthier you, use this tool to make smart food choices quickly and easily.

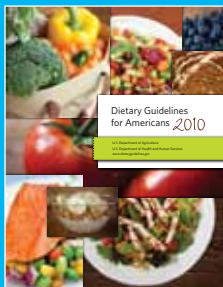
Check for calories. Be sure to look at the serving size and how many servings you are actually consuming. If you double the servings you eat, you double the calories.

Choose foods with lower calories, saturated fat, *trans* fat, and sodium.

Check for added sugars using the ingredients list. When a sugar is close to first on the ingredients list, the food is high in added sugars. Some names for added sugars include sucrose, glucose, high fructose corn syrup, corn syrup, maple syrup, and fructose.



Dietary Guidelines for Americans



The *Dietary Guidelines for Americans, 2010* are the best science-based advice on how to eat for health. The Guidelines encourage all Americans to eat a healthy diet and be physically active.

Improving what you eat and being active will help to reduce your risk of chronic diseases such as diabetes, heart disease, some cancers, and obesity. Taking the steps in this brochure will help you follow the Guidelines.

For more information, go to:

- www.DietaryGuidelines.gov
- www.ChooseMyPlate.gov
- www.Health.gov/paguidelines
- www.HealthFinder.gov



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Newsroom

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USDA Unveils Historic Improvements to Meals Served in America's Schools

New Standards Will Improve the Health and Wellbeing of 32 Million Kids Nationwide

FAIRFAX, Va., Jan. 25, 2012 – First Lady Michelle Obama and Agriculture Secretary Tom Vilsack today unveiled new **standards for school meals** that will result in healthier meals for kids across the nation. The new meal requirements will raise standards for the first time in more than fifteen years and improve the health and nutrition of nearly 32 million kids that participate in school meal programs every school day. The healthier meal requirements are a key component of the Healthy, Hunger-Free Kids Act, which was championed by the First Lady as part of her Let's Move! campaign and signed into law by President Obama.

"As parents, we try to prepare decent meals, limit how much junk food our kids eat, and ensure they have a reasonably balanced diet," said First Lady Michelle Obama. "And when we're putting in all that effort the last thing we want is for our hard work to be undone each day in the school cafeteria. When we send our kids to school, we expect that they won't be eating the kind of fatty, salty, sugary foods that we try to keep them from eating at home. We want the food they get at school to be the same kind of food we would serve at our own kitchen tables."

"Improving the quality of the school meals is a critical step in building a healthy future for our kids," said Vilsack. "When it comes to our children, we must do everything possible to provide them the nutrition they need to be healthy, active and ready to face the future – today we take an important step towards that goal."

The final standards make the same kinds of practical changes that many parents are already encouraging at home, including:

- Ensuring students are offered both fruits and vegetables every day of the week;
 - Substantially increasing offerings of whole grain-rich foods;
- Offering only fat-free or low-fat milk varieties;
- Limiting calories based on the age of children being served to ensure proper portion size; and
- Increasing the focus on reducing the amounts of saturated fat, trans fats and sodium.

A sample lunch menu with a before and after comparison is available to view and download in **PDF** and **JPG** formats.

USDA built the new rule around recommendations from a panel of experts convened by

the Institute of Medicine —a gold standard for evidence-based health analysis. The standards were also updated with key changes from the 2010 Dietary Guidelines for Americans – the Federal government’s benchmark for nutrition – and aimed to foster the kind of healthy changes at school that many parents are already trying to encourage at home, such as making sure that kids are offered both fruits and vegetables each day, more whole grains, and portion sizes and calorie counts designed to maintain a healthy weight.

USDA received an unprecedented 132,000 public comments on its proposed standards (available on the web at www.regulations.gov) – and made modifications to the proposed rule where appropriate. USDA Under Secretary Kevin Concannon said: “We know that robust public input is essential to developing successful standards and the final standards took a number of suggestions from stakeholders, school food service professions and parents to make important operational changes while maintaining nutritional integrity.”

The new standards are expected to cost \$3.2 billion over the next five years -- less than half of the estimated cost of the proposed rule and are just one of five major components of the Healthy Hunger Free Kids Act, now implemented or under development, that will work together to reform school nutrition. In addition to the updated meal standards, unprecedented improvements to come include:

- ***The ability to take nutrition standards beyond the lunchline*** for the first time ever, foods and beverages sold in vending machines and other venues on school campuses will also contribute to a healthy diet;
- ***Increased funding for schools*** – an additional 6 cents a meal is the first real increase in 30 years – tied to strong performance in serving improved meals;
- ***Common-sense pricing standards for schools*** to ensure that revenues from non-Federal sources keep pace with the Federal commitment to healthy school meals and properly align with costs; and
- ***Training and technical assistance*** to help schools achieve and monitor compliance.

The final nutrition standards released today also provide more time for schools to implement key changes, which will be largely phased in over a three-year period, starting in School Year 2012-2013. For example, schools will be permitted to focus on changes in the lunches in the first year, with most changes in breakfast phased in during future years.

USDA's **Food and Nutrition Service** administers 15 nutrition assistance programs including the National School Lunch and School Breakfast programs, the Summer Food Service Program, and Supplemental Nutrition Assistance Program, and the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC). Together these programs make up the federal nutrition safety net.

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Last modified: 2/16/2012

Healthy Meals and Healthy Kids

Posted by on January 25, 2012

Ed note: this has been cross-posted from the [USDA's blog](#)

Today we celebrate an historic achievement on behalf of kids across America. We have accomplished a critical step on the road to deliver healthier, more nutritious food to our nation's schoolchildren. Today the U.S. Department of Agriculture released the final rule that sets the standards for critical improvements to the child nutrition programs that serve millions of children across the country every day.

The new rule implements important provisions of the [Healthy, Hunger-Free Kids Act of 2010](#). It will substantially increase offerings of fruits, vegetables, and whole grains, reduce saturated fat, trans fats and sodium, and set sensible calorie limits based on the age of children being served.

The final standards make the same kinds of practical changes that many parents are already encouraging at home, including:

- Ensuring students are offered both fruits and vegetables every day of the week;
- Substantially increasing offerings of whole grain-rich foods;
- Offering only fat-free or low-fat milk varieties;
- Limiting calories based on the age of children being served to ensure proper portion size; and
- Increasing the focus on reducing the amounts of saturated fat, trans fats and sodium.

First Lady Michelle Obama announced the new meal standards during a guest appearance at Parklawn elementary school in Alexandria, Va., today. The President and the First Lady have advocated strongly for passing the Healthy, Hunger-Free Kids Act, and USDA is in lockstep with them to continue to focus on the twin issues of childhood obesity and hunger.

The strength of our communities, our economy, and our national security, rely on the health of our children. The Healthy, Hunger-Free Kids Act strengthens the school nutrition environment, expands access to healthy meals, and simplifies processes so every child can receive a well-balanced school meal.

While the rule is based on the law and latest science, USDA knew that responsible change had to take into account the real circumstances of communities across America. So in finalizing the rule, we reached beyond the Washington beltway and asked for comments from the public.

Thousands of parents, educators and nutrition advocates responded with their views. And we listened, making changes to the rule to ensure that the new standards not only do what's right for children's health, they do it in a way that's achievable in schools across the nation.

So on behalf of the USDA family, I say thank you for caring and supporting our children. We should all celebrate this tremendous accomplishment while looking forward to those achievements yet to come.

www.letsmove.gov

