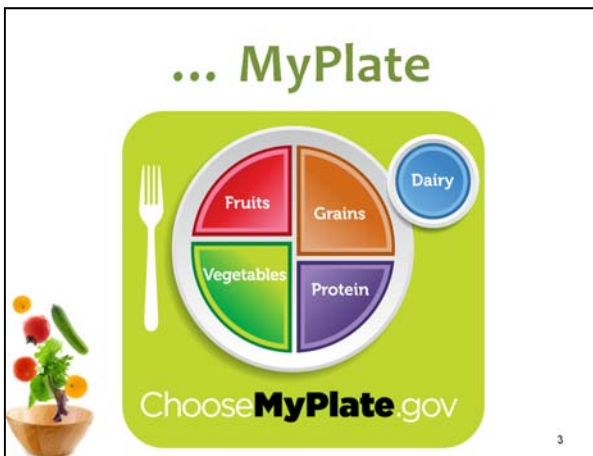




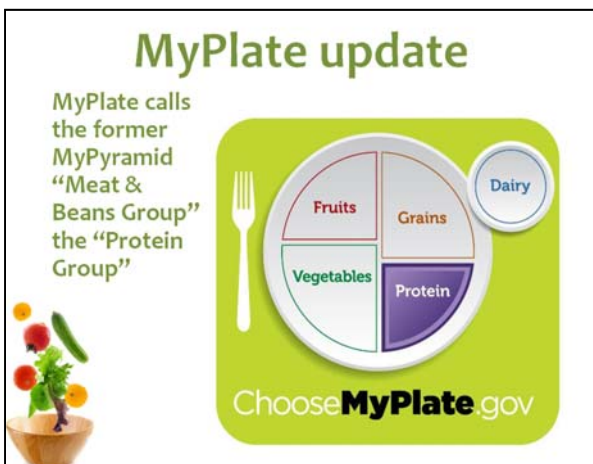
This year we are learning how we can stay fit and healthy by eating well and moving more. MyPlate gives us a visual to help us plan the types and amounts of food we eat.



MyPlate takes the place of MyPyramid as an icon to help with the message of how and the amounts of food that we need to stay healthy.

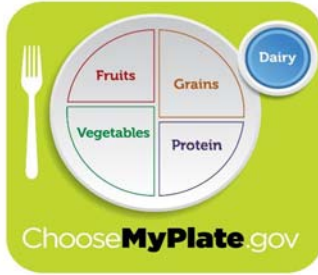


There are five main food groups represented in MyPlate. Each food group is represented by a separate color. The Grain Group is Orange. Vegetable group is Green. Fruit group is Red. Dairy group is Blue. And the Protein group is Purple.



The two main differences in MyPlate and MyPyramid besides the shape, is that MyPlate has changed the name of the former Meat, Beans group to Protein.

## MyPlate update



MyPlate calls the former MyPyramid “Milk Group” the “Dairy Group”

5

And the former Milk group is now called the Dairy group.

## Choose MyPlate “Menu” of Selected Consumer Messages

1. Balancing calories
2. Foods to increase
3. Foods to reduce



6

Here is what we’ll be covering today from the Selected Messages from Choose MyPlate.

Find more information, check [ChooseMyPlate.gov](http://ChooseMyPlate.gov)

## Choose MyPlate “Menu”

### Balancing calories

- Enjoy your food, but eat less
- Avoid oversized portions



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The two main messages under “Balancing calories.” Are to take time to enjoy our food but eat less of it. And avoid oversized portions of food.

Point out to the class that many restaurants serve portion sizes that are too big. Just because the food is in front of us does not mean we have to eat all of it!

Moderate portion size is the KEY!

## Enjoy — but eat less!

**100 extra calories per day**

**10 extra pounds per year!**



8

It doesn’t take many extra calories a day to add 10 extra pounds a year! The good news is by reducing daily calorie intake by 100 calories, you can lose 10 pounds per year.

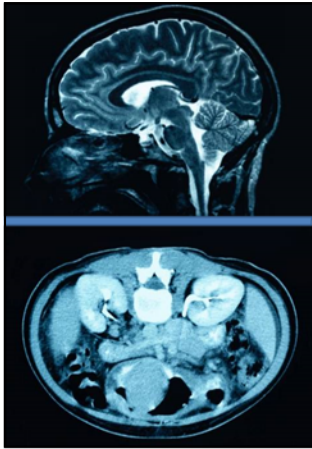
## Eat until "satisfied," not "full"

"Your stomach shouldn't be a waist (waste) basket."

~ Author Unknown



Eat only until you are satisfied, not full. If you tend to overeat, be aware of the time of day, place and your mood while eating so you can better control the amount you eat.



20 minutes

It takes about 20 minutes for your stomach to tell your brain you're full

Slow down to slim down! Ok so maybe you can't really slow down at school because you only have twenty minutes to eat. Take time to enjoy your other meals and give your stomach and brain time to communicate.

## Choose MyPlate "Menu"

### Foods to increase

- Make half your plate fruits and vegetables
- Make at least half your grains whole grains
- Switch to fat-free or low-fat (1%) milk



These are three main messages under "Foods to increase."

Make half of your plate fruits and vegetables that are not swimming in sauce, gravy or dressing.

Choose whole grains most of the time.

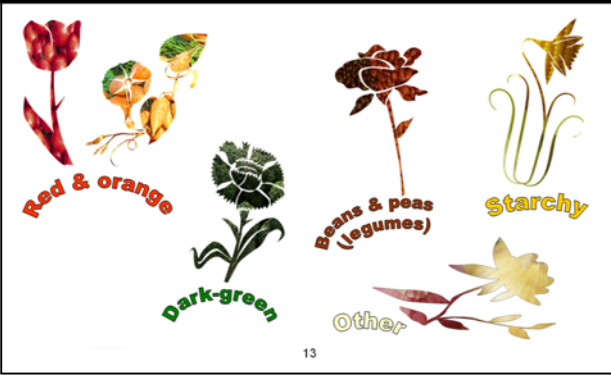
Look for and choose low or no fat dairy options.

## Fill half your plate with fruits & veggies



Choose a variety of colorful fruits and vegetables. Divide the other half between a lean protein source and a whole grain.

Pick a variety of vegetables from each vegetable subgroup



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The vegetable subgroup of “beans and peas (legumes)” includes ...



... all cooked beans and peas, for example:

- Kidney beans
- Lentils
- Chickpeas
- Pinto beans

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The “beans and peas (legumes)” subgroup does NOT include ...



Green peas



Green beans

What type of food are “beans and peas (legumes)” considered?

- A. Vegetable
- B. Protein
- C. Both A and B
- D. Neither A or B



17

Examples of food from the five vegetable subgroups include:

**Dark-green vegetables:** All fresh, frozen, and canned dark-green leafy vegetables and broccoli, cooked or raw: for example, broccoli; spinach; romaine; collard, turnip, and mustard greens.

**Red and orange vegetables:** All fresh, frozen, and canned red and orange vegetables, cooked or raw: for example, tomatoes, red peppers, carrots, sweet potatoes, winter squash, and pumpkin.

**Beans and peas (legumes):** All cooked beans and peas: for example, kidney beans, lentils, chickpeas, and pinto beans. Does not include green beans or green peas. (See additional comment under protein foods group.)

**Starchy vegetables:** All fresh, frozen, and canned starchy vegetables: for example, white potatoes, corn, green peas.

**Other vegetables:** All fresh, frozen, and canned other vegetables, cooked or raw: for example, iceberg lettuce, green beans, and onions.

Green peas are in the “Starchy Vegetables” vegetable subgroup. Green beans are in the “Other Vegetables” vegetable subgroup

Take a poll of the kids to see what they think. Once you have their answer. Go to the next slide to get the correct answer.



## What type of food are “beans and peas (legumes)” considered?

A. Vegetable

B. Protein

**C. Both A and B**

D. Neither A or B



18

Answer C. Both A and B. The Dietary Guidelines for Americans 2010 vegetable subgroup of “beans and peas (legumes)” refers to the mature forms of legumes. It includes kidney beans, pinto beans, black beans, garbanzo beans (chickpeas), lima beans, black-eyed peas, split peas, and lentils.

They contain protein and other nutrients similar to seafood, meat, and poultry. Plus, they are excellent sources fiber and other nutrients which also are found in vegetables.

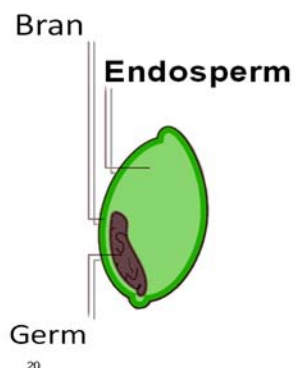


At least half  
your grains  
should be  
whole grains

19

Evidence shows that adults and children who eat more whole grains, particularly those higher in dietary fiber, have a lower body weight compared to adults and children who eat fewer whole grains.

Whole grains contain the entire grain seed or “kernel”



20

Whole grains include the entire grain seed, usually called the kernel. The kernel consists of three components—the bran, germ, and endosperm. If the kernel has been cracked, crushed, or flaked, then, to be called a “whole grain” a food must retain the same relative proportions of these components as they exist in the intact grain.

Partially whole grain products providing half or more whole grains per ounce-equivalent serving have **at least** either:

- 51% of total weight as whole grains OR
- 8g of whole grains



The Whole Grain Stamp, while not mandatory, is found on many products containing whole grains and is another way to help you choose whole grain products.

### 3 ways to eat half whole grains

3 oz. 100% whole grains & 3 oz. refined-grain products



2 oz. 100% whole grains, 2 oz. partly whole-grain products, & 2 oz. refined grain products



6 oz. partly whole-grain products



The actual Dietary Guideline recommend that you “consume at least half of your grains as whole grains.” This slide shows 3 different ways of how you could choose to make half of your total grain intake whole grain, using bread as an example.

### Which bread is highest in WHOLE grains?

- **A. INGREDIENTS:** wheat flour, water, high fructose corn syrup, molasses, wheat, bran ...
- **B. INGREDIENTS:** whole wheat flour, water, brown sugar ...



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Take a pole from the kids to see what they think. Once you have their answer. Go to the next slide to get the correct answer.

### Which bread is highest in WHOLE grains?

- **A. INGREDIENTS:** wheat flour, water, high fructose corn syrup, molasses, wheat, bran ...
- **B. INGREDIENTS:** whole wheat flour, water, brown sugar ...



24

Answer: B. a “whole grain” should be the first ingredient or the second ingredient, after water. For foods with multiple whole-grain ingredients, they should appear near the beginning of the ingredients list.

### Switching to fat-free or low-fat (1%) milk makes a difference!



Whole	2%	1%	Fat-free
165 calories	125 calories	100 calories	85 calories
Calories saved	40	65	80

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Choosing fat-free or 1% low-fat milk and milk products provides the same nutrients with less solid fat and thus fewer calories.

Soy beverages fortified with calcium and A and D are considered part of the milk and milk products group because they are similar to milk both nutritionally and in their use in meals.

## Which is more nutrient-dense?

- A. Fat-free and low fat (1%) milk
- B. Whole milk
- C. They are equally nutrient-dense



26

Take a poll from the kids to see what they think. Once you have their answer. Go to the next slide to get the correct answer.

## Which is more nutrient-dense?

- A. Fat-free and low fat (1%) milk
- B. Whole milk
- C. They are equally nutrient-dense



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Answer: A. Increase your intake of fat-free or low-fat (1%) milk and milk products, such as milk, yogurt, cheese, or fortified soy beverages. If you are drinking whole milk, gradually switch to lower fat options. If you are drinking whole milk, go to 2% and move on down to 1% low-fat or fat-free milk.

Lower fat milk provides the same nutrients as higher fat milk, but is lower in calories and saturated fat while still providing essential nutrients (calcium, protein, etc).

## Choose MyPlate “Menu”

### Foods to reduce

- Compare sodium in foods like soup, bread, and frozen meals — and choose the foods with lower numbers
- Drink water instead of sugary drinks



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These are two main messages under “Foods to reduce.”

**Can you guess:** People ages 2 and older should reduce daily sodium intake to less than ...

- A. 2,300 mg or 1,500 mg, depending on age/other individual characteristics
- B. 2,300 mg or 3,000 mg, depending on age/other individual characteristics



29

Ask the students what they think the correct answer is. After you have their answer go to the next slide.

**Can you guess:** People ages 2 and older should reduce daily sodium intake to less than ...

**A. 2,300 mg or 1,500 mg, depending on age/other individual characteristics**

B. 2,300 mg or 3,000 mg, depending on age/other individual characteristics



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Answer: A. 2,300 mg or 1,500 mg, depending on age/ other individual characteristics

## Groups reduced to 1,500 mg

- African Americans ages 2+
- Adults ages 51+
- People ages 2+ with high blood pressure, diabetes, or chronic kidney disease



31

The 1500 mg recommendation applies to half the total population (ages 2+) and to the majority of adults.

## How much sodium is in a teaspoon of salt?

- A. 1,300 mg
- B. 2,300 mg
- C. 3,300 mg



32

Ask the students what they think the correct answer is. After you have their answer go to the next slide.

## How much sodium is in a teaspoon of salt?

- A. 1,300 mg
- **B. 2,300 mg**
- C. 3,300 mg



33

Answer: B. 2,300 mg

One teaspoon of salt is all that any of us need and some of us need much less in a day. This is the total sodium in your food naturally and added salt.



## How much sodium is in 1 cup of this food?

- A. 30 mg
- B. 250 mg
- C. 470 mg



### Nutrition Facts

Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 1.5g	
Cholesterol 30mg	10%
Sodium 470mg	20%

34

Ask the students what they think the correct answer is. After you have their answer go to the next slide.

## How much sodium is in 1 cup of this food?

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Sodium 470mg	20%

35

Answer: C. 470 mg.

That is 20% of the sodium that we should consume all day.

## Easy ways to reduce sodium

- Check labels
- Avoid adding salt (an exception may be when baking yeast breads)
- Eat fresh foods, frozen veggies
- Request salt be left off when eating out
- Use other seasonings



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NOTE: Salt is typically used in yeast breads and other bread-type products made with yeast to regulate the growth of the yeast and prevent the food from rising too rapidly. While yeast breads can be made without salt, modifications in the ingredients and recipe techniques are usually made to create a product with a satisfactory texture. As salt also adds flavor, most bread is still made with salt.

## Remember ...

**A variety of foods, in moderation, can fit into a healthy eating pattern if nutrient needs have been met without exceeding calorie limits.**

**Regular physical activity helps maintain calorie balance.**



It's important to eat healthy, but regular physical activity is also important to maintain calorie balance.

# December's Club Contest

1. **Recycled Christmas Craft:** Any Christmas decoration made from recycled items.
2. **Door or Wall Decoration:**  
Examples: Wreath, Stockings, Bells
3. **Table Decoration:** Examples:  
Snowman, Holly Ring, Candle
4. **Tree Decoration or Ornament:**  
Examples: Clothes Pin Reindeer, Tin Punch Ornament
5. **Other:** Examples: Holiday Bags, Stenciled Paper, Christmas T-Shirt or Sweat Shirt, Jewelry, Edible Decoration



All crafts must be made by the 4-H member who enters them.



County Public Speaking – All Club winners may participate

Carol Brandon  
Extension Agent  
Claiborne County

Go over the rules for the Christmas Craft Contest with the kids. Explain that each person should label their crafts with their name and what category it should be in. Members can enter all 5 of the categories if they want.