

# MyPyramid for a Healthy Family

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Slide	Comments
1 Title Slide	<p>[Opening remarks in your own words.]</p> <p>On April 19, 2005, the U.S. Department of Agriculture released its new food guidance system, MyPyramid. It's a great tool for building a healthier diet and lifestyle for you and your family. Let's see how it works.</p>
2 DG & MyPyramid	<p>USDA's new food guidance system is based on the 2005 Dietary Guidelines for Americans. These are a set of dietary recommendations for persons over two years of age. They form the basis for Federal food and nutrition policy. The DG are reviewed and updated every five years, after thorough review of the latest research related to nutrition and health. MyPyramid also represents changes in recommended nutrient intakes, now called Dietary Reference Intakes or DRIs.</p>
3 One Size Does Not Fit All!	<p>A key message of the new food guide is "one size does not fit all." Since people have different calorie needs, USDA developed a food guidance system that includes 12 different calorie levels, from 1,000 to 3,200. As you can see, all of the Pyramids look the same, but they each represent a different calorie level and different amounts of food to eat from each of the food groups.</p> <p>Calorie levels are based on gender, age and level of physical activity. They were calculated for a person of average height and at a healthy weight, in each of the age and gender groups, so individual calorie needs may differ.</p>
4 Three Key Messages	<p>The new food guide has three key messages ...</p> <p>There's a strong focus on eating a variety of healthy and colorful foods within the food groups for a healthful diet.</p> <p>The emphasis on physical activity is clear from the change in the Pyramid graphic [steps have been added]. For children, we need to be sure they get adequate calories and nutrients for growth, while balancing calorie intake with physical activity to avoid excess weight gain and to promote fitness.</p> <p>The third key message focuses on nutrient density ... getting the most nutrients from the calories you eat. We make choices every day that affect the nutrient density of our diets. Do we have the baked potato with a teaspoon of margarine or French fries? Which would be more nutrient dense? [Baked potato]</p>
5 What Does the Pyramid Teach Us?	<p>MyPyramid is a personalized approach to healthy eating and physical activity. It has six key messages. By following all of the recommendations of the new food guide, we can improve the quality of our diets, become more physically fit, move toward healthy body weights, and decrease risk for some chronic diseases. Think about which is most important for YOU and your family?</p>

<p>6 Be Active</p>	<p>An important addition to this Pyramid is the focus on physical activity symbolized by the steps and the person walking up the steps. Physical fitness is critical for good health at all ages. Physical activity can help us improve our fitness and balance our calorie intake and output to promote a healthy body weight.</p> <p>Many young people today are very sedentary, and need encouragement and opportunities to be physically active. Planning family activities can help everyone reach their activity goals.</p>
<p>7 Physical Activity Recommendation</p>	<p>Young people should get at least 60 minutes of physical activity on most (preferably all) days of the week.</p> <p>For young people who have been sedentary or who are overweight, it's best to begin slowly and work their way up to higher levels of activity for longer periods of time. Young people with health problems should check with a health care provider about types of exercise that are safe for them.</p>
<p>8 Moderate Physical Activities</p>	<p>Here are examples of moderate physical activities. There are lots for young people to choose from. Perhaps some of them can be family activities.</p>
<p>9 Vigorous Physical Activities</p>	<p>Here are some vigorous activities, for those who are ready for them. Persons who have been sedentary should not begin with these types of activities without a doctor's permission.</p> <p>An important message to keep in mind is that we do <b>not</b> have to get all of our physical activity at one time to reap the benefits! Assuming a goal of 60 minutes of physical activity, how could youth divide up their daily activity to meet this goal? Let's see what I put together as one daily plan.</p>
<p>10 My Daily Activity Plan</p>	<p>To meet the daily goal of 60 min, a young person could walk the dog in the morning for 10 min; play a team sport in gym class or after school – either in an organized team or with friends (e.g., shooting hoops or kicking a soccer ball); and then do stretching and/or strength training for 20 min while watching TV in the evening.</p> <p>There are endless ways to put together an activity plan to meet your child's needs and fit his or her lifestyle. It would be nice if some of the activities could be family focused so that everyone will be more active [I have a handout for you to use to plan a couple of days of physical activity.]</p>
<p>11 Eat a Varied Diet</p>	<p>The six colored bands represent the need for variety in food choices. These bands represent the Grains, Vegetables, Fruit, Milk, and Meat and Beans food groups, plus Oils, which are needed in moderation.</p> <p>By selecting recommended amounts of foods from each food group based on calorie needs, you and your family will get a wide variety of nutrients, phytochemicals [substances in plants that contribute to good health], and an appropriate calorie intake for growth and to attain or maintain a healthy body weight.</p>

<p>12 Grain Group</p>	<p>Let's look at the Grain group – one of the food groups that provides energy, a wide variety of vitamins and minerals, and dietary fiber.</p> <p>Any food made from wheat, rice, oats, cornmeal, barley, or other cereal grain is a grain product and belongs in this group. Bread, pasta, oatmeal, breakfast cereals, tortillas, and grits are examples of grain products.</p>
<p>13 Whole Grains</p>	<p>As you probably know, grains are divided into two subgroups, <b>whole grains</b> and <b>refined grains</b>. It's important for a variety of reasons that at least half of the grain foods we eat are whole grain foods. Whole grains contain the entire grain kernel -- the bran, germ, and endosperm. Examples include:</p> <p>Whole wheat flour and products made with it Bulgur (cracked wheat) Oatmeal Whole cornmeal, and products like corn bread and muffins that are made from the cornmeal Brown rice Kasha (buckwheat groats)</p> <p>[I have several recipes for whole grain foods for you to take home and try.]</p>
<p>14 Make Half Your Grains Whole</p>	<p>Here are some tips for incorporating more whole grains into your eating plan ... [review them]. If your children are used to white bread and other refined grain foods, you can make gradual changes so they can adjust to the new taste and texture of whole grain foods.</p> <p>To learn how to prepare a variety of whole grains in ways that you and your family will enjoy, you may want to try recipes from cookbooks that focus on heart health or basic healthy eating. Also, these days thousands of recipes are available to download from a variety of websites.</p>
<p>15 Grains Recom- mended Intakes</p>	<p>The amount of grains you need to eat depends on your age, sex, and level of physical activity. Recommended daily amounts for young people are listed in the chart. Keep in mind that these values are for young people at a healthy weight who are active less than 30 min a day, so larger and more active children will have higher calorie needs. Teen athletes may need several thousand calories a day during training!</p> <p>Most Americans consume enough grains, but few are whole grains. <b><i>At least ½ of all the grains eaten should be whole grains.</i></b></p> <p>What counts as an ounce equivalent of grains? In general, 1 slice of bread, 1 cup of ready-to-eat cereal, or ½ cup of cooked rice, cooked pasta, or cooked cereal can be considered as 1 ounce equivalent from the grains group.</p>
<p>16 Vegetable Group</p>	<p>The next food group on the Pyramid is the Vegetables Group, and the focus is on VARIETY ... Vary Your Veggies.</p>
<p>17 Vary Your Veggies</p>	<p>The new food guide encourages the consumption of a variety of veggies, from these five sub-groups, but especially dark green and orange veggies and legumes.</p>

	The key message is to eat a variety of colors, and especially the deep greens and orange vegetables, which many Americans lack in their diets.
18 Vary Your Veggies	<p>Here are tips for incorporating a variety of vegetables into your healthy eating plan. Be sure that you set a good example by eating a variety of vegetables, especially the deep green and orange ones. Young children seem to enjoy raw veggies, so having prepared cut up carrot and celery sticks, cucumber rounds, bell pepper strips, and other veggies available for snacks is helpful.</p> <p>Does anyone have any other ideas to share? You may want to pick just one or two that seem doable for you, and try them out this week.</p>
19 Vegetables: Recommended Intakes	<p>The recommendation for this group is given in cups ... a common household measurement.</p> <p>One way to get young people interested in eating vegetables is to have them plant and harvest them. Young children love to watch things grow and are eager to eat foods that they have planted and cared for. It's a great family activity!</p>
20 Fruit Group	It's surprising that so many Americans do not eat the recommended amount of fruit for good health. Fruits are so delicious and easy to eat! But it is true that many of us eat very little fruit, and we need to focus on creative ways of incorporating fruits into our eating plans.
21 Focus on Fruits	<p>Fruits, including melon and berries, can be added to a variety of dishes, including salads, chicken and fish dishes, rice, and pasta recipes. Dried fruit can be a handy snack from a backpack, purse, or desk drawer.</p> <p>Your family can start their day with sliced banana or strawberries, or fresh blueberries in season, on cereal or in yogurt. It's easy to make blueberry or strawberry sauce for waffles, pancakes, and ice cream.</p> <p>Frozen fruit is a good alternative, especially for use in cooking, baking, or for milk shakes. Although some juice is fine, we should get most of our fruit as whole or cut up fruit rather than juice, to get the dietary fiber we need.</p>
22 Fruits: Recommended Intakes	Most young people (and adults) need 1½ to 2 cups of fruit per day.
23 Milk Group	The focus for the Milk Group is on calcium (although milk has lots of other nutrients). Getting adequate calcium and vitamin D, as well as some exposure to sunlight, is critical for proper growth and development. It also has longer-term benefits in preventing osteoporosis later in life. With decreasing milk intake, we've actually seen the vitamin D deficiency disease rickets [softening of the bones causing bowed legs and other symptoms] re-appearing in young people in this country.
24 Get Your Calcium Rich Foods	It's important when selecting foods from this group to focus on fat-free or low-fat (1%) versions of old favorites. Using low-fat or fat-free dairy foods as part of meals and as snacks will increase calcium intake. For families used to whole milk, make the change to 1% or fat-free gradually!

	<p>Those who choose not to eat dairy foods can get calcium from a variety of other foods, including fortified foods and beverages, some of which will also contain vitamin D. You can use food labels to help you find good sources of these nutrients. Also green leafy vegetables, canned fish with bones, and some brands of tofu contain calcium.</p>
<p>25 Milk: Recom- mended Intake</p>	<p>Younger children (except those who are very active) need 2 cups of milk or equivalent amounts of cheese or yogurt. For adults and most children 8 years and older, the recommended intake is 3 cups of milk or equivalents. One cup of yogurt, 1½ ounces of natural cheese or 2 ounces of processed cheese is equivalent to one cup of milk.</p> <p>Select low-fat or fat-free varieties to avoid excess fat and calories from these foods. Fat-free cheeses don't work well in some recipes, so experiment with various types to find the type that works for you.</p>
<p>26 Meat and Bean Group</p>	<p>All foods made from meat, poultry, fish, dry beans or peas, eggs, nuts, and seeds are included in this group. The legumes – dry beans and peas – are also included in the vegetable group, but don't count them twice.</p>
<p>27 Go Lean With Protein</p>	<p>Most meat and poultry choices should be lean or low-fat. Lean cuts of meat include the loin and round cuts (e.g., sirloin, tenderloin, top loin, eye of round, top round). To keep poultry moist, you can remove the skin after cooking it. Eating white meat poultry will keep the fat and calories lower, as long as you don't Southern fry it!</p> <p>Fish are good sources of omega-3 fatty acids [such as EPA and DHA], which are heart healthy [they appear to reduce blood clotting, lower blood pressure slightly, and lower blood triglycerides; they <i>may</i> also be helpful for inflammatory diseases like rheumatoid arthritis ...].</p> <p><b>To avoid excess intake of mercury, pregnant and nursing women, and young children should not eat fatty fish often, and should avoid shark, swordfish, king mackerel and tilefish completely.</b> For updates on the mercury situation in fish and seafood, see the Center for Food Safety and Applied Nutrition website, <a href="http://www.cfsan.fda.gov">www.cfsan.fda.gov</a>.</p> <p>Fish, nuts, and seeds contain healthy oils, so choose these foods frequently.</p>
<p>28 Meat and Beans: Recom- mended Intakes</p>	<p>The recommended intake from this group is modest for most people. One ounce of LEAN meat, fish, or poultry; 1 egg; ¼ cup cooked dry beans or tofu; 1 Tbsp peanut butter; or ½ ounce nuts or seeds, each count as a 1 ounce-equivalent.</p> <p>Portion sizes for meats and fish served in many restaurants often exceed the entire recommended amount for the day! So, sharing entrees or taking home leftovers can be good ways to moderate your intake from this food group.</p>
<p>29 Oils: Tips for Healthy Choices</p>	<p>We each need to include a few teaspoons of oils in our daily diet, for the essential fatty acids that they provide. Using oils and soft margarines with zero <i>trans</i> fat instead of hard fats will help keep saturated fat intake low. Portion control will also help keep total fat intake within the recommended range when eating higher fat meats, nuts, and seeds.</p>

	<p>Eating fatty fish for their omega-3 fatty acid content is suggested, although as we've seen, the <b>Food and Drug Administration recommends that women who are or who may become pregnant, nursing moms, and young children avoid certain fish due to the mercury content.</b> It is safe to eat up to 12 ounces of other fish and shellfish a week (smaller portions for young children). FDA advises that we vary the fish that we eat. Canned tuna contains some mercury, but light tuna is lower in mercury than albacore tuna.</p>
30 Oils: Recommended Intakes	<p>This category includes oils and soft margarine with zero <i>trans</i> fat. Oils high in monounsaturated fatty acids, such as olive, canola, and peanut oil are recommended. Other heart healthy oils are safflower, sunflower, and soy oils, although they are lower in monounsaturated fatty acids.</p>
31 Select Foods for Best Nutrition	<p>You probably have noticed that MyPyramid looks as though the Food Guide Pyramid was pushed over, and that's really what USDA did! The vertical bands of the food groups symbolize that there are various types of foods that can be chosen from each food group.</p> <p>Healthier choices are those with little or no solid fats or added sugars, and they should form the BASE of our diets. Picture them toward the bottom of the food bands. Foods with solid fat and/or added sugars can be eaten, but less often to enjoy a diet that promotes good health. Visualize these at the TIP of the appropriate food group band. For example where would you put a slice of whole grain bread [BASE]? What about a biscuit with butter [TIP]? French fries? [TIP] Regular sour cream [near the TIP]? 1% milk [close to the BASE]?</p>
32 Where Do These Foods Fit?	<p>Let's place a variety of foods from the vegetable group in their appropriate place on the green band ...</p> <p>[You can spend time discussing the variables that affect placement on the Pyramid ... What's on the salad? How much dressing? Are there bacon bits and full-fat cheese? How is the broccoli or the okra prepared? Steamed? With or without sauce? Fried? Stewed?]</p> <p>The most popular vegetable in this country is the potato. Unfortunately, the most common form in which potatoes are eaten is as French fries! Since they would be placed toward the tip of the vegetable band of this Pyramid, French fries should definitely NOT be an "every day" food!</p>
33 Eat Recommended Amount from Each Food Group	<p>The different widths of the food group bands represents proportionality, or the relative amounts of food recommended from each food group. You can see that the widest bands are those representing the Grains, Milk, and Vegetable groups, with Fruit a close 4<sup>th</sup>.</p> <p>[You will see the amounts of food recommended from each food group when we look at the Food Intake Patterns shortly.]</p>
34 Make It Your Pyramid!	<p>Three components of MyPyramid demonstrate the personalized approach to healthy eating and physical activity that I mentioned a while ago. They are the person climbing the stairs, the slogan "Steps to a Healthier You," and the website address (or URL) <b>MyPyramid.gov</b>.</p>

<p>35 Take It One Step At a Time</p>	<p>The slogan, “Steps to a Healthier You,” is a reminder that we can move toward better health by taking small steps ... that is, by making small changes in what or how much we eat, in our activity patterns, and our other lifestyle choices. We don’t have to do everything at once!</p> <p>What if you and your family switched from regular soda to sugar free? Depending on how much soda you drink, this could make a tremendous difference in your calorie intake and help you manage your weight.</p> <p>Or what would happen if you switched from whole milk to 2%, then to 1%, and eventually to fat-free? If your children drink two cups of milk as part (or all) of their Milk Group intake, this could make a great difference in their calorie level with no change in the critical nutrients from this food group [actually the intake of nutrients would increase somewhat due to the decrease in fat content]. They could use these calories to eat extra food from the other food groups or just cut down on their calorie level (depending on their calorie needs).</p>
<p>36 MyPyramid. gov</p>	<p>If you go to MyPyramid.gov here is what you will see on the homepage. This website contains a wealth of information about healthful eating, food choices, and physical activity. Also, you can find a calorie level that is right for someone of a particular age and gender, who is at a healthy weight, using My Pyramid Plan. [We will calculate our calorie needs today.]</p> <p>You can learn everything you can imagine about MyPyramid food groups, food choices, amounts of food recommended at each calorie level, and so on. There is also MyPyramid Tracker, which can help you keep track of your calorie and nutrient intake and physical activity. There are tips for eating out, sample menus, and much more. USDA is working on materials for children and youth, so keep checking the website.</p>
<p>37 Let’s Practice Using My Pyramid</p>	<p>By now you have noticed that there are no serving recommendations on this new Pyramid. That’s because the new food guidance system is a more personalized approach to healthy eating and physical activity than the previous food guide, which was represented by the Food Guide Pyramid.</p> <p>This time, USDA actually created 12 Pyramids, one for each of 12 calorie levels, so you can select a Pyramid that’s just right for you. How much of each food group YOU should eat depends on your age, gender and activity level ... basically, how many calories you need for a healthy weight.</p> <p>So the first thing to do is to select the appropriate calorie level for you [or one of your children]. If you want to lose weight, you would select a calorie level that is slightly lower than a level needed to maintain your body weight.</p> <p>[Hand out “What Is Your Calorie Level?” table; available at: <a href="http://fyics.ifas.ufl.edu/pyramid/adobe/calories.pdf">http://fyics.ifas.ufl.edu/pyramid/adobe/calories.pdf</a> or “Using MyPyramid in Your Life: Adult” worksheet (to do their own calorie levels), available at: <a href="http://fyics.ifas.ufl.edu/pyramid/adobe/MyPyramidadult%20Handout%20Landscape.pdf">http://fyics.ifas.ufl.edu/pyramid/adobe/MyPyramidadult%20Handout%20Landscape.pdf</a></p> <p>Then use the chart, “Build Your Eating Plan” in the worksheet, “Using MyPyramid in Your Life: Adult” publication (see above), to see how much food to eat from each food</p>

	<p>group at different calorie levels. For children/youth, use:  <a href="http://fyics.ifas.ufl.edu/pyramid/child.htm">http://fyics.ifas.ufl.edu/pyramid/child.htm</a>. NOTE: Another “Using MyPyramid in Your Life” worksheet for children and youth, that includes estimating calorie level and building an eating plan activities, will be available later in July 2005.]</p> <p>[You can also hand out the food group recommendations that they would get on the website and have them fill it in; available at:  <a href="http://fyics.ifas.ufl.edu/pyramid/adobe/patternworksheet.pdf">http://fyics.ifas.ufl.edu/pyramid/adobe/patternworksheet.pdf</a> ]</p> <p>Now that you know the amount of food to eat for the day, plan meals and snacks for one day, keeping in mind the recommendations that we have talked about. [Hand out the MyPyramid worksheet; available at:  <a href="http://fyics.ifas.ufl.edu/pyramid/adobe/worksheet.pdf">http://fyics.ifas.ufl.edu/pyramid/adobe/worksheet.pdf</a> ]</p>
38 Get Real With Portions	<p>How many of you have noticed that portion sizes have gotten larger over the years? Surprisingly, a lot of people don’t realize this change ... we call this Portion Distortion: we perceive the larger portions as “normal.” Trouble is, at all ages people tend to eat more when the portions they are served are larger. This is contributing to the increase in overweight and obesity in this country.</p> <p>Here are some tips for getting real with your portions ... [discuss].</p>
39 Bagel	Discuss the change. Were they aware that bagels are so much larger? Did they ever eat bagels 20 years ago?
40 Cheeseburger	You still can order the tiny cheeseburger at a fast food establishment, but how many people do?
41 Soda	<p>Soft drinks are the major source of refined sugars in our diets. Discuss the (approximate) amount of sugar that they may be consuming if they drink large quantities of regular soft drinks:</p> <p>12 ounce can – 10 teaspoons sugar  20 ounce bottle – 17 teaspoons sugar  32 ounce cup – 27 teaspoons (9 tablespoons) sugar  64 ounce super sized cup – 53 teaspoons (18 tablespoons ... more than one cup) sugar!</p> <p>Soft drinks can displace other healthier beverages, like milk, from our diets. Children often replace milk with sodas as they reach the teen years, and this can have a very negative effect on their nutrient intake, their bone development, and their risk for osteoporosis later in life.</p>
42 Portion Sizes: Cheese	About 1½ ounces of natural cheese counts as one cup from the Milk Group. Here is a way of estimating that amount of cheese.
43 Portion	You can think of a 3-ounce portion of meat as about the size of a deck of cards. That would be about ¾ of the recommended daily amount of food from the Meat and Beans

Sizes: Meat	group for a person eating 1,400 calories a day.
44 Portion Sizes: ½ and 1 cup	Since amounts of food are presented in the new food guide in common household measurements, it can be helpful to know what these look like. Of course you can measure your food, but sometimes that's not convenient, so this guide may be helpful. A baseball is a bit smaller than a cup but it's in the "ballpark!"
45 Portion Sizes: Teaspoon and Tbsp	We all realize that thumbs come in different sizes, but this can be used as a guide to teaspoons and tablespoons. I would recommend that for recipes that you might use actual measuring spoons to get the best results!
46 Tips for Parents	<p>There are lots of ways to promote healthy eating in your family. [Review the tips and discuss.]</p> <p>Empowering children by letting them make some meal planning decisions (within healthy guidelines set by you), can go a long way to create good eaters.</p> <p>Be sure to provide planned meals and snacks to avoid constant grazing that can interfere with other parts of life, like playing, reading, and doing chores. When children, especially those who have issues with food (like overeating) know that there is food coming, they can stop thinking about it and enjoy other activities.</p> <p>For some parents, it's a strange idea that it's their children's responsibility to decide how much they will eat, or even if they will eat at all at a given meal or snack. Your responsibility is to provide healthful and age-appropriate foods, in a pleasant atmosphere that encourages, but does not coerce, your children to eat. This "division of responsibility" helps parents avoid many of the struggles related to food.</p>
47 More Tips for Parents	<p>At some ages, children can be neophobic ... they do not want to try new foods. You can suggest in a friendly way that they taste a new food, giving them permission to politely remove it from their mouth and place it on their plate if they don't care to swallow it. Or you can simply have the new food available and let your child ask for a taste when he or she is ready. It may take a while before they taste a new food (or swallow it).</p> <p>If children choose not to eat anything at a given meal or snack, they need to know that they will have another opportunity to eat at the next scheduled meal or snack ... not in 10 minutes! Snacks as well as meals should consist of healthful foods that contribute to their nutrient intake for the day.</p> <p>The "clean plate club" should go the way of the dinosaurs and be extinct! Let's never force-feed our children; it just teaches them to eat when they may not be hungry, or to get something they want (sweets; playtime; etc.).</p> <p>Make cut-up fruit or fruit salad your favorite dessert, and serve it right with the meal. Even a small cookie or small piece of cake can be served with the meal so that it doesn't become the focus of attention. Let your children decide when to eat it, and omit the arguments about dessert!</p>

	<p>Make meal times a pleasant time as much as possible. Watching television during meals is not recommended. Dinner time often is the one chance that parents have to speak with their children and each other, so embrace this time as often as you can. Keep arguments about grades and other things for later, and make meal conversations enjoyable for everyone.</p>
48 Resources	<p>[Mention these websites and other resources that you recommend. You may want to mention the vast amount of MISinformation that is available on the web ...].</p>
49 Acknow- ledgments	