

## Using MyPyramid in Your Life [for adults]

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Slide	Comments
1 Title Slide	<p>[Opening remarks in your own words.]</p> <p>On Tuesday, April 19, 2005, the U.S. Department of Agriculture released its new food guidance system, MyPyramid. How many of you saw the press conference? I guess quite a few people heard about it since that first day the <a href="http://MyPyramid.gov">MyPyramid.gov</a> website had over 50 million hits! Let's take a look at MyPyramid and see how you can use it in your life to build a healthier diet and improve your health and fitness.</p>
2 DG & MyPyramid	<p>MyPyramid, 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, which are the basis for Federal food and nutrition policy. The DG influence USDA programs such as the Food Stamp Program, WIC, and the School Lunch Program. 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 MyPyramid Mini-poster	<p>Here is USDA's new Pyramid in all its glory, with a variety of foods at its base. This version is from the mini-poster developed by USDA [which we have for you today].</p> <p>As you can see, foods are still categorized into food groups, represented by the bands going from the base to the tip of the pyramid. Starting at the left, we have the grains group, then vegetables, fruits, oils, milk, and meat &amp; beans.</p>
4 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. Of course, 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. Your calorie needs may differ.</p>
5 Three Key Messages	<p>The new food guide has three key messages ... Although the first one is not new, there is a stronger focus on variety within the food groups in MyPyramid, compared with the old food guide, which was represented by</p>

	<p>the familiar Food Guide Pyramid. We'll see this change more clearly as we go through each of the food group recommendations.</p> <p>The emphasis on physical activity is clear from the change in the Pyramid graphic, and demonstrates the emphasis on physical fitness as well as calorie balance for weight control.</p> <p>The third key message focuses on nutrient density ... getting the most nutrients from the calories you eat. Which would be more nutrient dense: steamed broccoli or steamed broccoli with hollandaise sauce? [steamed broccoli since it has all of the nutrients without the added fat and calories of the sauce]</p>
6 Anatomy of MyPyramid Overview	<p>According to USDA, MyPyramid “symbolizes a personalized approach to healthy eating and physical activity.” This new food guide reminds us to be physically active and make healthful food choices every day. In the next few slides we’re going to review these six components of MyPyramid in what USDA calls “Anatomy of MyPyramid.”</p> <p>By following all of the recommendations of the new food guide, Americans can improve the quality of their diets, become more physically fit, move toward a healthy body weight, and decrease risk for some chronic diseases. Which is most important to YOU?</p>
7 Activity	<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, and physical activity can help us improve our fitness, and balance our calorie intake and output to promote a healthy body weight.</p>
8 Physical Activity Recommendations for Adults	<p>The overall recommendation is to include at least 30 minutes of exercise on most days of the week (above and beyond normal daily activity – unless your job includes lots of vigorous physical activity). This level of physical activity can lower your risk for diseases such as heart disease, high blood pressure, diabetes, and cancer.</p> <p>To lose weight, or prevent weight gain as we get older, we need closer to 60 minutes of moderate to vigorous physical activity on most days of the week. If you have lost weight and want to keep the weight off, 60 to 90 minutes of moderate exercise every day is recommended.</p> <p>This sounds like a lot of physical activity, especially for those who have been sedentary, but it’s based on research that demonstrates the need for this level of activity for various health benefits. For persons who have been sedentary, it’s best to begin slowly and work your way up to higher levels of activity for longer periods of time. It’s also a good idea to have a physical check-up if you’ve been sedentary and want to begin a moderately strenuous activity schedule.</p> <p>Let’s see how you might include physical activity in your daily life.</p>

<p>9 Moderate Physical Activities</p>	<p>Here are examples of moderate physical activities. How many of them appeal to you? How many are part of your lives? Can you picture yourself engaging in one or more of these to improve your fitness level and burn those calories?</p>
<p>10 Vigorous Physical Activities</p>	<p>Here are some vigorous activities, for those who are ready for them. Do not begin with these types of activities without your doctor's permission if you have been sedentary.</p> <p>An important message to keep in mind is that you do <b>not</b> have to get all of your physical activity at one time to reap the benefits! Assuming a goal of 60 minutes of physical activity, how would you divide up your daily activity to meet this goal? [Get one or two suggestions for daily plans, and allow discussion about how this might work for them.] Let's see what I put together as one daily plan.</p>
<p>11 My Daily Activity Plan</p>	<p>I can take a brisk walk for 20 minutes in the morning, take a walk during a coffee break for 10 minutes, do some gardening or vigorous housework late in the day for about 10 minutes, and then another 20 minutes of stretching and strength training while watching or listening to the evening news. That gives me 60 minutes of a variety of activities to keep myself fit, reduce my health risks, and maintain a healthy body weight.</p> <p>There are endless ways to put together YOUR activity plan to meet your needs and fit your lifestyle. [I have a handout for you to use to plan a couple of days of physical activity.]</p>
<p>12 Variety</p>	<p>The six colored bands represent the need for variety in food choices. We've seen that these represent the Grains, Vegetables, Fruit, Milk, and Meat and Beans food groups, along with Oils, which are also needed in moderation.</p> <p>By selecting recommended amounts of foods from each food group based on your calorie needs, you will get a wide variety of nutrients, phytochemicals (substances in plants that contribute to good health), and an appropriate calorie intake to attain or maintain a healthy body weight.</p>
<p>13 Grain Group</p>	<p>Let's look at the Grain group – one of the food groups that provide 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>14 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 you eat are whole grain foods.</p> <p>Whole grains contain the entire grain kernel -- the bran, germ, and endosperm. Examples include:  Whole wheat flour and products made with it</p>

	<p>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>
15 Refined Grains	<p>Refined grains have been milled, a process that removes the bran and germ. This is done to give grains a finer texture and improve their shelf life, but it also removes dietary fiber, iron, and many B vitamins and minerals. Some examples of refined grain products are:</p> <p>White flour and de-germed cornmeal and products made with them  Most pastas are made from refined grain  White rice</p> <p>Most refined grains are <i>enriched</i>. This means certain B vitamins (thiamin, riboflavin, niacin, folic acid) and iron are added back after processing. However, fiber and many other micronutrients are <b>not</b> added back to enriched grains, so they are not nutritionally equivalent to whole grains.</p> <p>Check the ingredient list on refined grain products to make sure that the word “enriched” is included in the grain name so that they contain at least some of the nutrients lost in refining. Some food products are made from mixtures of whole grains and refined grains.</p>
16 Make Half Your Grains Whole	<p>Here are some tips for incorporating more whole grains into your eating plan ... [review them].</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>
17 Grains: Recom- mended Intakes	<p>The amount of grains you need to eat depends on your age, sex, and level of physical activity. Recommended daily amounts for adults are listed in the chart. You can see that as we get older, we need less food ... this is true for all of the food groups, since our overall calorie needs are less as we age. 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>
18 Vegetable Group	<p>The next food group on the Pyramid is the Vegetables Group, and the focus is on VARIETY ... Vary Your Veggies.</p>

<p>19 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> <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.</p>
<p>20 Vary Your Veggies</p>	<p>Here are tips for incorporating a variety of vegetables into your healthy eating plan. Can anyone explain why there is a recommendation to eat vegetables high in potassium? [They help counter the effects of sodium in the diet, and reduce risk of hypertension.] Sweet potatoes, white potatoes, green leafy and orange veggies, and legumes all are good sources.</p> <p>Does anyone have any other ideas to share? You may want to pick just one or two that seem do-able for you, and try them out this week.</p>
<p>21 Vegetables Recommended Intakes</p>	<p>The recommendation for this group is given in cups ... a common household measurement. Again we see that as we age, we need less food. If we are more physically active, we get to eat more, and can more easily get all of the nutrients we need.</p> <p>For those of you who have children or work with children, one way to get them invested in eating vegetables is to have them plant them 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 or classroom activity!</p>
<p>22 Fruit Group</p>	<p>It's surprising that so many Americans do not eat the recommended amount of fruit for good health. Fruit is 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.</p>
<p>23 Focus on Fruits</p>	<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>You can start your day with sliced banana or strawberries, or fresh blueberries in season, on your cereal or in yogurt. It's easy to make blueberry or strawberry sauce for waffles, pancakes, and ice cream.</p> <p>Many older people who find it difficult to eat fresh fruits enjoy canned fruits. It's best to buy canned fruit in its own juice, rather than in syrup. Frozen fruit is also a good alternative, especially for use in cooking, baking, or for milk shakes.</p> <p>With a focus on preventing hypertension, we should include fruits high in potassium. Fruits high in potassium include dried fruit such as prunes, apricots, and peaches, bananas, and melons such as cantaloupe and honeydew. Orange juice also is a good source.</p> <p>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>

24 Fruits Recom- mended Intakes	Most adults need 1½ to 2 cups of fruit per day.
25 Milk Group	The focus for the Milk Group is on calcium. As the baby boomers age, it is likely that the incidence of osteoporosis will rise. Getting adequate calcium and vitamin D, as well as some exposure to sunlight, and physical activity, all play a role in the prevention of this debilitating disease. Milk also provides a variety of other nutrients.
26 Get Your Calcium Rich Foods	<p>It's important when selecting foods from this group to focus on fat-free or low-fat versions of old favorites. Using low-fat or fat-free dairy foods as part of meals and as snacks will increase your calcium intake.</p> <p>Those who choose not to eat dairy products, 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>
27 Milk: Recom- mended Intake	For most adults and children, the recommended intake is 3 cups of milk or equivalent amounts of cheese or yogurt. One cup of yogurt, 1½ ounces of natural cheese or 2 ounces of processed cheese is equivalent to one cup of milk. 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.
28 Meat and Bean Group	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.
29 Go Lean With Protein	<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>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. 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>30 Meat and Beans: Recommended 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 counts 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>31 Oils: Tips for Healthy Choices</p>	<p>In addition to the five food groups, we need to include some oil in our diets for the essential fatty acids that oils 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 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 FDA recommends that women who are or who may become pregnant, nursing moms, and young children avoid certain fish due to the mercury content. 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.</p> <p>Canned tuna contains some mercury, but light tuna is lower in mercury than albacore tuna.</p>
<p>32 Oils: Recommended Intakes</p>	<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>
<p>33 Chemical Bonds in Fats</p>	<p>Fats are a group of chemical compounds that contain fatty acids. We store energy in our bodies as fat, and we need to eat some fat in our diets for the essential fatty acids they provide.</p> <p>When we talk about saturated and unsaturated fatty acids, we are talking about differences in their chemical structures. There are three main types of fatty acids: saturated, monounsaturated and polyunsaturated. All fatty acids are chains of carbon atoms with hydrogen atoms attached. A saturated fatty acid has the maximum possible number of hydrogen atoms attached to every carbon atom.</p> <p>In some fatty acids, some of the hydrogen atoms are missing. For every pair of missing hydrogen atoms, an extra bond forms between the two carbon atoms, creating a double bond. Because the fatty acid chain does not contain all of the hydrogen atoms it could have, it is said to be "unsaturated." A fatty acid with one double bond is called "monounsaturated," and one that has more than one double bond is called "polyunsaturated." Here are diagrams of the structures of these two types of fatty acids.</p>

<p>34 <i>Trans</i> Fats</p>	<p><i>Trans</i> fats occur naturally in some foods (such as meats and dairy products) and are formed when polyunsaturated fatty acids are hydrogenated. Usually the hydrogen atoms at a double bond are positioned on the same side of the carbon chain [<i>cis</i> form]. However, partial hydrogenation reconfigures some double bonds and the hydrogen atoms end up on different sides of the chain. This type of configuration is called "<i>trans</i>" (means "across" in Latin).</p> <p>These <i>trans</i> fatty acids have effects in our bodies similar to those of saturated fatty acids, and we are advised to limit our intake of this type of fat [no specific level has been established due to lack of data on appropriate levels to recommend].</p>
<p>35 <i>Trans</i> Fats in Food Supply</p>	<p>FDA estimates that the average daily intake of <i>trans</i> fat in the U.S. population is about 5.8 grams or 2.6% of calories per day for individuals 20 years of age and older. On average, Americans consume approximately 4 to 5 times as much saturated fat as <i>trans</i> fat in their diet.</p> <p>As you can see, we get most of the <i>trans</i> fat in our diets from prepared foods, mostly those that contain partially hydrogenated oils. Many products are being re-formulated to contain zero <i>trans</i> fat. Beginning in January 2006, all food labels must list the amount of <i>trans</i> fat on the Nutrition Facts panel.</p>
<p>36 Extras</p>	<p>If you build your eating plan with foods from each of the food groups that are fat-free and contain no added sugars, you will have what are called "discretionary" calories, or extras available to meet your calorie goal. The number of discretionary calories that you have varies from 132 calories at the 1,600-calorie level to 648 at the 3,200-calorie level. Obviously at lower calorie levels, the discretionary calories are quite limited which means that you really need to focus on those fat-free and no-added-sugar choices for most of the foods you eat.</p> <p>To use your discretionary calories, you may choose to eat higher fat foods from one or more of the food groups, like 2% milk instead of fat-free, a well-marbled steak instead of one of the leanest cuts, or French fries instead of a baked potato. Anything that adds extra oil, fats, or sugar is counted as part of your discretionary calories allowance.</p> <p>Keep in mind, that most people use their discretionary calories in their basic eating plan without even thinking about it!! The extra salad dressing on your chef's salad (as well as the full-fat cheese), the mayonnaise on your tuna salad, and cream in your coffee ... they are all part of the "extras." So without thinking about it, at the end of the day you have probably used up your discretionary calories.</p> <p>At most calorie levels, there is little leeway for consuming alcoholic beverages, which can be fairly high in calories and contain no or few nutrients.</p>

<p>37 Moderation</p>	<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. The healthier choices are those with little or no solid fats or added sugars, and they should form the BASE of our diets. Picture them at the bottom of the appropriate 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 or near the TIP of the appropriate food group band.</p> <p>So, for example where would you put a slice of whole grain bread [BASE]? What about a biscuit with butter [TIP]? Regular sour cream [near the TIP]? 1% milk [close to the BASE]?</p>
<p>38 Where Do These Foods Fit?</p>	<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>39 Proportionality</p>	<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 back of the mini-poster shortly.]</p>
<p>40 Personalization</p>	<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>41 Gradual Improvement</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. That’s a very positive message!</p> <p>What if you switched from regular soda to sugar free? Depending on how much soda you drink each day, this could make a tremendous difference in your calorie intake and help you manage your weight.</p> <p>Or if you switched from whole milk to 2%, then to 1%, and eventually to fat-free? If you drink two cups of milk as part of your Milk Group intake, this could make a great difference in your 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].</p>

<p>42 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 your 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.</p>
<p>43 Using My Pyramid - Determine Calorie Needs</p>	<p>By now you have noticed that there are no serving recommendations on this new Pyramid. That's because MyPyramid [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. 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. 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>44 Calorie Levels</p>	<p>Here are estimated calorie levels based on age, gender, and physical activity. You can also go to MyPyramid.gov to input this information and get your personal food guide. [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>]</p>
<p>45 Daily Amount of Food</p>	<p>Find your calorie level on this chart, and see the amount of food you should eat from each of the food groups. [You can also hand out the Daily Amount of Food from Each Food Group; available at <a href="http://fyics.ifas.ufl.edu/pyramid/adult.htm">http://fyics.ifas.ufl.edu/pyramid/adult.htm</a>.]</p>
<p>46 Using My Pyramid – Review Amount to Eat</p>	<p>Look over the amount of food that is recommended for each of the food groups at your calorie level. Is it much more or less than the amount of food you are eating now? Is it realistic for you? You may need to make adjustments later on based on your feelings of hunger and satiety (satisfaction), and also based on your activity level. If you increase your activity level, then you may need to increase your food intake to avoid losing weight too quickly (or at all).</p>
<p>47 Food Group Chart</p>	<p>Here are the food group recommendations for a 2,000-calorie eating plan. Notice the specific recommendations for each of the food groups. [You can hand out a worksheet of this page and have them fill in the amount to eat from each food group; 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>48 Using My Pyramid – Plan Meals and Snacks</p>	<p>Plan your meals and snacks to fit your lifestyle. Some people like to eat three meals a day and nothing in-between, while others do better having smaller meals and one or two snacks – we sometimes call these people “grazers.” If you are a grazer, be sure that you plan your snacks so that they contribute to your overall eating plan, and that you have mostly nutrient dense snacks.</p> <p>To avoid higher fat and sugar choices, you will need to do some planning. If you have the facilities at work, you can bring a healthy lunch and keep it in the refrigerator until lunchtime. Also, keep healthful snacks handy at home, at work, and in your purse or briefcase, for those times when you are hungry and want a health break. Remember those foods that we are trying to eat more of ... like fruits and vegetables, and plan accordingly. [Discuss ideas for healthy lunches and snacks.]</p>
<p>49 Get Real With Portions</p>	<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 have an expression for that: Portion Distortion! Portions have gotten huge gradually over the years and many of us perceive the large portions as “normal.” Trouble is, at all ages people tend to eat more when the portions they are served are larger. This may be part of the reason for the increase in overweight and obesity in this country over the years. Here are some tips for getting real with your portions ... [discuss].</p>
<p>50 Bagel</p>	<p>Discuss the change. Were they aware that bagels are so much larger? Did they ever eat bagels 20 years ago?!!</p>
<p>51 Cheeseburger</p>	<p>You still can order the tiny cheeseburger at a fast food establishment, but how many people do?</p>
<p>52 Soda</p>	<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>53 Portion Sizes: Cheese</p>	<p>About 1½ ounces of natural cheese counts as one cup from the Milk Group. Here is a way of estimating that amount of cheese.</p>
<p>54 Portion Sizes: Meat</p>	<p>You can think of a 3-ounce portion of meat as about the size of a deck of cards. That would be a little over half the recommended amount of food from the Meat and Beans group for a person eating 2,000 calories a day.</p>
<p>55 Portion Sizes: ½ and</p>	<p>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</p>

1 cup	this guide may be helpful. A baseball is a bit smaller than a cup but it's in the "ballpark!"
56 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!
57 Using My Pyramid - Keep Food Records	It's a good idea to keep track of your food intake so you know how you are doing in meeting your nutrition goals. You can do this on a food record form or on-line at MyPyramid.gov. It does take a bit of time to enter all of your foods, so this is something to do when you have a while to focus on this.  [We have a worksheet that you can use to keep track of your food intake and compare it to the recommended intakes from each food group.]
58 Using My Pyramid – Bal. Intake with Activity	Remember to include physical activity on most or all days of the week. As you increase your physical activity, you may find that you begin to lose some weight; if you want to maintain your weight, you can increase your food intake as you increase your calorie output through physical activity.
59 Using My Pyramid – Assess How You Are Doing	Assess how you are doing and make adjustments as needed to keep on track with your eating and physical activity goals. [Discuss how to do this; and focus on small changes ... Steps to a Healthier You ...]
60 Resources	[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 ...].
61 Acknow- ledgments	