

# Bountiful Eating

## Food Groups to Encourage

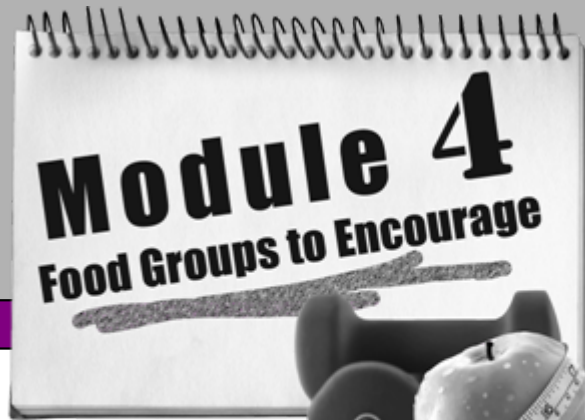


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Colorado Department  
of Public Health  
and Environment

***Based upon the 2005  
Dietary Guidelines for  
Americans***





# Bountiful Eating

## Food Groups to Encourage

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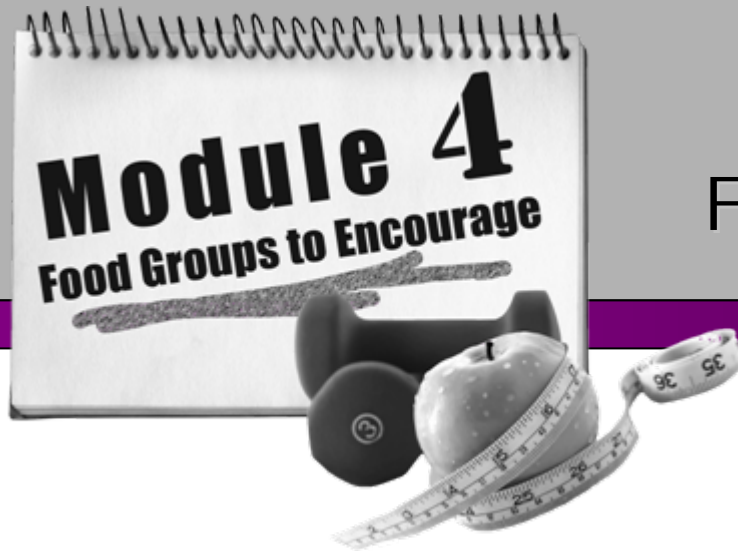
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## Food Groups to Encourage

### **Team Nutrition Statement**

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# The Secrets of Bountiful Eating

- Variety
- Making smart choices
- “Stacking the Deck”  
towards good  
health



# More Variety = Quality Nutrition

- Consuming a variety of foods helps you get the nutrients you need.
- Eating a variety of foods from each of the food groups is excellent health insurance.

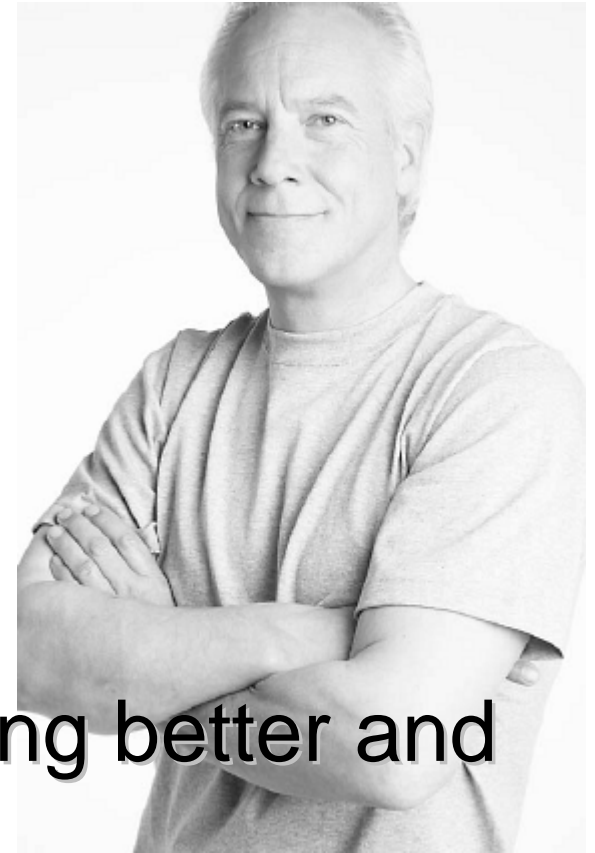
***Did you know...***





# The Benefits of Bounty

- Reduced risk for:
  - cardiovascular disease
  - some cancers
  - diabetes
  - diverticulitis & hemorrhoids
  - cataracts
- Eating well can mean feeling better and less medical expense.



# How Much is Enough?

- Depends on total calorie intake
- For 2000 calorie intake:
  - 4½ cups fruits & vegetables
  - At least 3 oz equivalents of whole grains
  - 3 cups of milk or milk products



# Go For Color

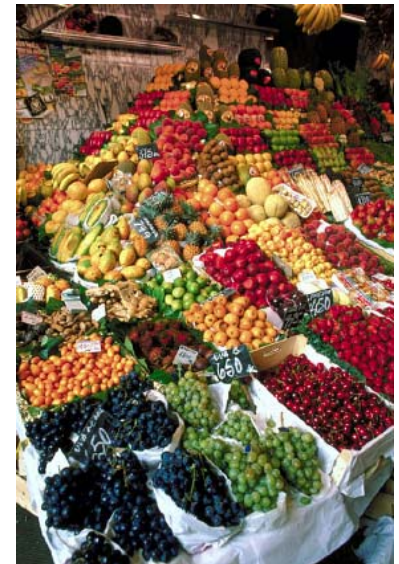
More colors of fruits and vegetables means better nutrient intake.





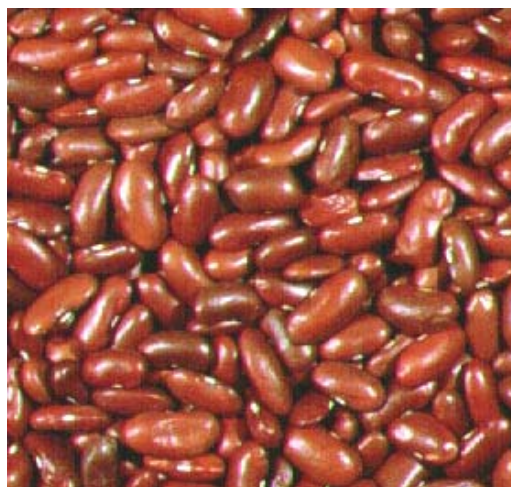
# Go Green, Orange, Red & Yellow!

- Consuming dark green and orange vegetables provides vitamins and minerals.
- Many beautiful and nutritious fruits and vegetables are yellow and red.



# Don't Forget Legumes!

- Chickpeas
- Pinto beans
- Kidney beans
- Black beans
- Garbanzo beans
- Soybeans
- Split peas
- Lentils



Legumes can fit in the Meat and Beans group of MyPyramid. Only count them once though!

Source: Maryland Cooperative Extension, University of Maryland.





# Starchy Vegetables



- White potatoes
- Corn
- Green peas



Source: Maryland Cooperative Extension, University of Maryland.

# Other Vegetables

- Tomatoes
- Cabbage
- Celery
- Cucumber
- Lettuce
- Onions
- Peppers
- Green beans
- Cauliflower
- Mushrooms
- Summer squash



Source: Maryland Cooperative Extension, University of Maryland.

# Make ½ Your Grains Whole!

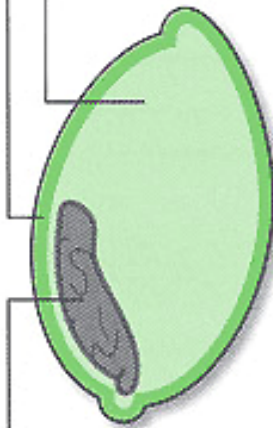
## Whole grain kernel

### Bran

"Outer shell" protects seed  
*Fiber, B vitamins, trace minerals*

### Endosperm

Provides energy  
*Carbohydrates, protein*



### Germ

Nourishment for the seed  
*Antioxidants, vitamin E, B vitamins*

## What are "whole" grains?





# Get Your Grains!

- Eat at least 3 ounce-equivalents of whole grain products each day.
- Half of your total grains should come from whole grains.



# What = 1 Serving of Whole Grains?

- Any food containing 16 grams of whole grain.



- Look for these stamps on products.

# What About Products Without The Whole Grain Stamp?

Words you may see on packages	What they mean
<ul style="list-style-type: none"><li>•Whole grain</li><li>•Whole wheat (or other grain)</li><li>•Stone ground whole (grain)</li><li>•Brown rice</li></ul>	Contains all parts of the grain
<ul style="list-style-type: none"><li>•Wheat flour</li><li>•Semolina</li><li>•Durum wheat</li><li>•Organic flour</li><li>•Multigrain</li></ul>	<b><u>May</u></b> contain whole grain

# Whole Grains Commonly Consumed in the U.S.

- Barley
- Brown rice
- Buckwheat
- Bulgur
- Millet
- Oatmeal & whole oats
- Popcorn
- Sorghum
- Spelt
- Whole wheat, corn & rye
- Whole-grain pasta
- Wild rice



# Benefits of Whole Grains

- Reduced Risk For:
  - Coronary heart disease
  - Type 2 diabetes
  - Colon cancer
  - Diverticulitis
  - Obesity



Source: *Cracked Wheat Cereal*. Available at <http://www.wheatfoods.org/Cracked-Wheat-Cereal.53.1.htm>. Copyright© 2008 by The Wheat Foods Council. All rights reserved. Used with permission.



# Low Fat Dairy Products are Smart for Bone Health

- Choose low fat dairy products for bone and heart health.
- Consuming low fat dairy aids weight loss.



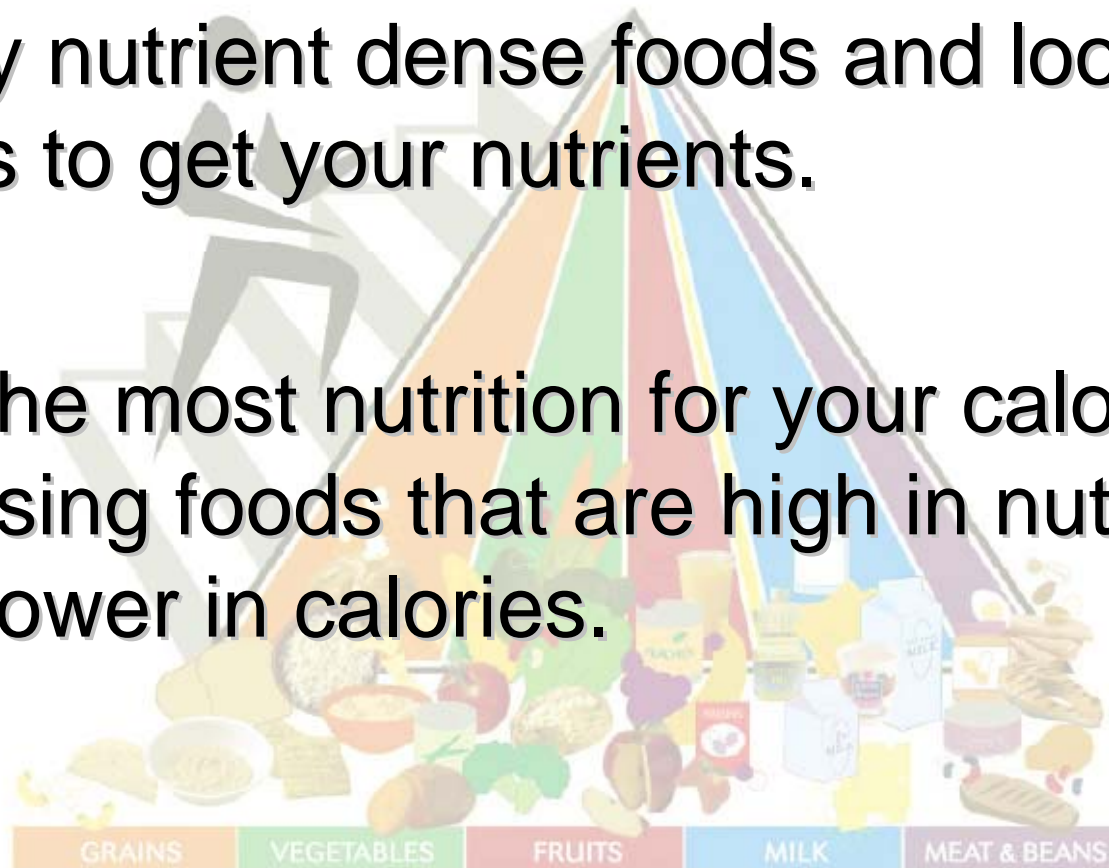
# Other Sources of Calcium

- Yogurt, lactose-free milk, some cheeses or lactase enzyme for those with lactose intolerance.
- Non-dairy eaters can choose fortified cereals & juice, & soy foods.



# Make Smart Choices

- Enjoy nutrient dense foods and look to foods to get your nutrients.
- Get the most nutrition for your calories by choosing foods that are high in nutrients and lower in calories.



# Make Smart Choices

- Be conscious of the nutrient-density of beverages
- Focus on fruits & vegetables at meals & snacks.
- Snacks “count” in smart nutrition.
- Ask for fruit and vegetable substitutions when dining out.



# Stack the Deck

- Keep a variety of fruits, vegetables & healthy snacks at home and at work.
- Bring your lunch.
- Choose restaurants with healthy options.





# Encouraging Tools

- Add DASH to your diet.
- Focus on fruits, vegetables, low fat dairy, grains, nuts & seeds, lean cuts of protein, heart-healthy fats & oils, and nutrient-dense snacks.
- <http://www.nhlbi.nih.gov/health/public/heart/hbp/dash/index.htm>



- OR, find your personal balance at [www.MyPyramid.gov](http://www.MyPyramid.gov)

# DASH Eating Plan Basics

- **2½ c fruit**
- **2½ c vegetables**
- **7- 8 oz equivalents grains**
- **6 oz meat, beans or nuts**
- **2-3 c low fat milk products**
- **2-3 tsp oils**
- **2 tsp solid fats OR**
- **5 T added sugars per WEEK**

**These amount are based upon a 2000 calorie diet. Fine tune this for your calorie level. Your intake will vary from day to day. These represent the averages to shoot for.**



# MyPyramid

STEPS TO A HEALTHIER YOU

Based on the information you provided, this is your daily recommended amount from each food group.

<b>GRAINS</b> 6 ounces  <b>Make half your grains whole</b>  Aim for at least <b>3 ounces</b> of whole grains a day	<b>VEGETABLES</b> 2 1/2 cups  <b>Vary your veggies</b> Aim for these amounts <b>each week:</b> <b>Dark green veggies</b> = 3 cups <b>Orange veggies</b> = 2 cups <b>Dry beans &amp; peas</b> = 3 cups <b>Starchy veggies</b> = 3 cups <b>Other veggies</b> = 6 1/2 cups	<b>FRUITS</b> 2 cups  <b>Focus on fruits</b>  Eat a variety of fruit  Go easy on fruit juices	<b>MILK</b> 3 cups  <b>Get your calcium-rich foods</b>  Go low-fat or fat-free when you choose milk, yogurt, or cheese	<b>MEAT &amp; BEANS</b> 5 1/2 ounces  <b>Go lean with protein</b>  Choose low-fat or lean meats and poultry  Vary your protein routine—choose more fish, beans, peas, nuts, and seeds
<b>Find your balance between food and physical activity</b>  Be physically active for at least <b>30 minutes</b> most days of the week.		<b>Know your limits on fats, sugars, and sodium</b>  Your allowance for oils is <b>6 teaspoons a day.</b>  Limit extras—solid fats and sugars—to <b>265 calories a day.</b>		

**Your results are based on a 2000 calorie pattern.**

**Name:** \_\_\_\_\_

This calorie level is only an estimate of your needs. Monitor your body weight to see if you need to adjust your calorie intake.



## Search MyPyramid.gov

## Subjects

- [My Pyramid Plan](#)
- [Inside the Pyramid](#)
- [Tips & Resources](#)
- [Dietary Guidelines](#)
- [For Professionals](#)
- [Related Links](#)
- [My Pyramid Tracker](#)

## Steps to a Healthier You



**One size doesn't fit all.** MyPyramid Plan can help you choose the foods and amounts that are right for you. For a quick estimate of what and how much you need to eat, enter your age, sex, and activity level in the MyPyramid Plan box.

For a detailed assessment of your food intake and physical activity level, click on MyPyramid Tracker.

Use the advice "Inside MyPyramid" to help you

- Make smart choices from every food group,
- Find your balance between food and physical activity, and
- Get the most nutrition out of your calories.

## Spotlights


**Tour MyPyramid**

Take a tour of the new pyramid in this animated feature.


**Mini-Poster Download**

View and download the MyPyramid mini-poster to learn the basics about eating healthy and physical activity.

[PDF - You will need the free [Adobe Acrobat Reader plug-in](#) to view and print the above PDF file.]


**Inside The Pyramid**

Explore the pyramid to learn about the food groups and to see how much physical activity you should be getting.


**Tips & Resources**

Learn how to make MyPyramid work for you. Find a wealth of ideas that can help you get started toward a healthy diet. There are tips for each food group, physical activity, eating out, a sample menu, and more...

## My Pyramid Plan

**Age:**  **Sex:**

**Physical Activity:**

Amount of moderate or vigorous activity (such as brisk walking, jogging, biking, aerobics, or yard work) you do in addition to your normal daily routine, most days.

## My Pyramid Tracker

**Go here** for an in-depth assessment of your diet quality and physical activity status.

## Tip of the Week

Father's Day is around the corner. Keep the meat you grill lean by choosing such things as round steaks, pork tenderloin, extra lean ground beef for hamburgers, and skinless chicken parts.

## For Professionals

Resources and information for use in developing education materials and to assist in understanding Federal food guidance.



## Search MyPyramid.gov

Go

## Subjects

- ▶ **My Pyramid Plan**
- ▶ Inside the Pyramid
- ▶ Tips & Resources
- ▶ Dietary Guidelines
- ▶ Professionals
- ▶ Related Links
- ▶ **My Pyramid Tracker**

You are here: [Home](#) / [My Pyramid](#)

## My Pyramid Plan

Based on the information you provided and the average needs for your age, gender and physical activity [Age: 54, Sex: male, Physical Activity: More than 60 minutes ] your results indicate that you should eat these amounts from the following food groups daily.

Your results are based on a 2800 calorie pattern\*.

▶ <b>Grains *</b>	10 ounces	tips
▶ <b>Vegetables **</b>	3.5 cups	tips
▶ <b>Fruits</b>	2.5 cups	tips
▶ <b>Milk</b>	3 cups	tips
▶ <b>Meat &amp; Beans</b>	7 ounces	tips

Click the food groups above to learn more.

**\* Make Half Your Grains Whole**

Aim for at least 5 whole grains a day

**\*\* Vary Your Vegetables**

Aim for this much every week:

Dark Green Vegetables = 3 cups weekly  
Orange Vegetables = 2 1/2 cups weekly  
Dry Beans & Peas = 3 1/2 cups weekly  
Starchy Vegetables = 7 cups weekly  
Other Vegetables = 8 1/2 cups weekly

**Oils & Discretionary Calories**

Aim for 8 teaspoons of oils a day

Limit your extras (extra fats & sugars) to 374 Calories



View, Print & Learn More:

- ▶ Click here to view and print a PDF version of **your results**.
- ▶ Click here to view and print a PDF of a helpful **Meal Tracking Worksheet**.
- ▶ For a more detailed assessment of your diet quality and physical activity go to the **My Pyramid Tracker**.

You will need the free [Adobe Acrobat Reader](#) plug-in to view and print the above PDF files.

\*This calorie level is only an estimate of your needs. Monitor your body weight to see if you need to adjust your calorie intake.





MyPyramid Tracker is an online dietary and physical activity assessment tool that provides information on your diet quality, physical activity status, related nutrition messages, and links to nutrient and physical activity information. The Food Calories/Energy Balance feature automatically calculates your energy balance by subtracting the energy you expend from physical activity from your food calories/energy intake. Use of this tool helps you better understand your energy balance status and enhances the link between good nutrition and regular physical activity. MyPyramid Tracker translates the principles of the 2005 Dietary Guidelines for Americans and other nutrition standards developed by the U.S. Departments of Agriculture and Health and Human Services.

According to the Paperwork Reduction Act of 1995, no persons are required to respond to a collection of information unless it displays a valid OMB control number. The valid OMB control number for this information collection is 0584-0523. The time required to complete this information collection is estimated to average 1.5 minutes per response, including the time for reviewing instructions, searching existing data sources, gathering and maintaining the data needed, and completing and reviewing the collection of information.

## Assessment



The online dietary assessment provides information on your diet quality, related nutrition messages, and links to nutrient information. After providing a day's worth of dietary information, you will receive an overall evaluation by comparing the amounts of food you ate to current nutritional guidance. To give you a better understanding of your diet over time, you can track what you eat up to a year.



The physical activity assessment evaluates your physical activity status and provides related energy expenditure information and educational messages. After providing a day's worth of physical activity information, you will receive an overall "score" for your physical activities that looks at the types and duration of each physical activity you did and then compares this score to the physical activity recommendation for health. A score over several days or up to a year gives a better picture of your physical activity lifestyle over time.

## Access

# An “Encouraging” Word

- Offer new foods...  
over & over  
& over
- Choice
- Learning
- What you say matters



# Smart Rules to Live by:

- Go for color & variety in fruits and vegetables.
- Make  $\frac{1}{2}$  your grains whole.
- Include low fat dairy products.
- Learn your labels.
- Get the most out of snacks.
- Provide opportunities for children to learn about variety in eating.

