

Tens Ways to Use the Dietary Guidelines at Home

1. Fuel Up on Fruit Eat a fruit for a snack or with a meal. Try "orange smiles" or slices, a fruit kabob, or 100% fruit juice.

2. Vary Your Veggies Bite on beans and broccoli; crunch on carrots, corn, and cauliflower.

3. Grab Grains Gobble up spaghetti, rice, cereal, or other grains for power and energy.

4. Blast Off with Breakfast Use your imagination - grab leftovers or peanut butter & sliced banana on toast.

5. Plan Low-fat Meat Meals Try out new recipes using lean pork or beef, tofu, beans, or chicken. Experiment & enjoy.



6. Find the Fat Check out the food label to help shop for foods lower in fat.

7. Snack Smart Try a milk smoothie - blend low-fat milk or yogurt with fruit or juice. Now that's smart and yummy.

8. Pick from the Pyramid Include foods from the 5 main food groups shown by MyPyramid.

9. Try New Tastes Have a new food each day. Try different Ethnic foods - Chinese, Mexican, Indian. Taste new fruits and veggies. Sample new breads - pita, flatbreads, wraps.

10. Move Your Muscles Be active everyday. Climb stairs, bike, walk, skip rope, play hop scotch, run, skate.



STAUNTON CITY SCHOOL NUTRITION & FOOD SERVICE

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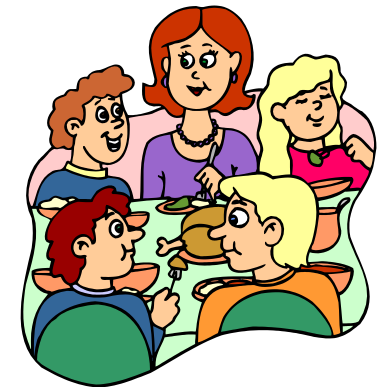
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Fun Tips for Using the Dietary Guidelines at Home*

*Adapted from Team Nutrition USDA Materials



**HEALTHY FAMILIES
MAKE
HEALTHY SCHOOLS**

In Association with AHC Community Health Foundation & Augusta Health
Mary E. Albert, MS, RD
School Nutrition Program Dietitian
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Teaching Children How to Eat Right at Home & at School

Good nutrition begins at home. It should continue at school. The new MyPyramid is based on the Dietary Guidelines for Americans.

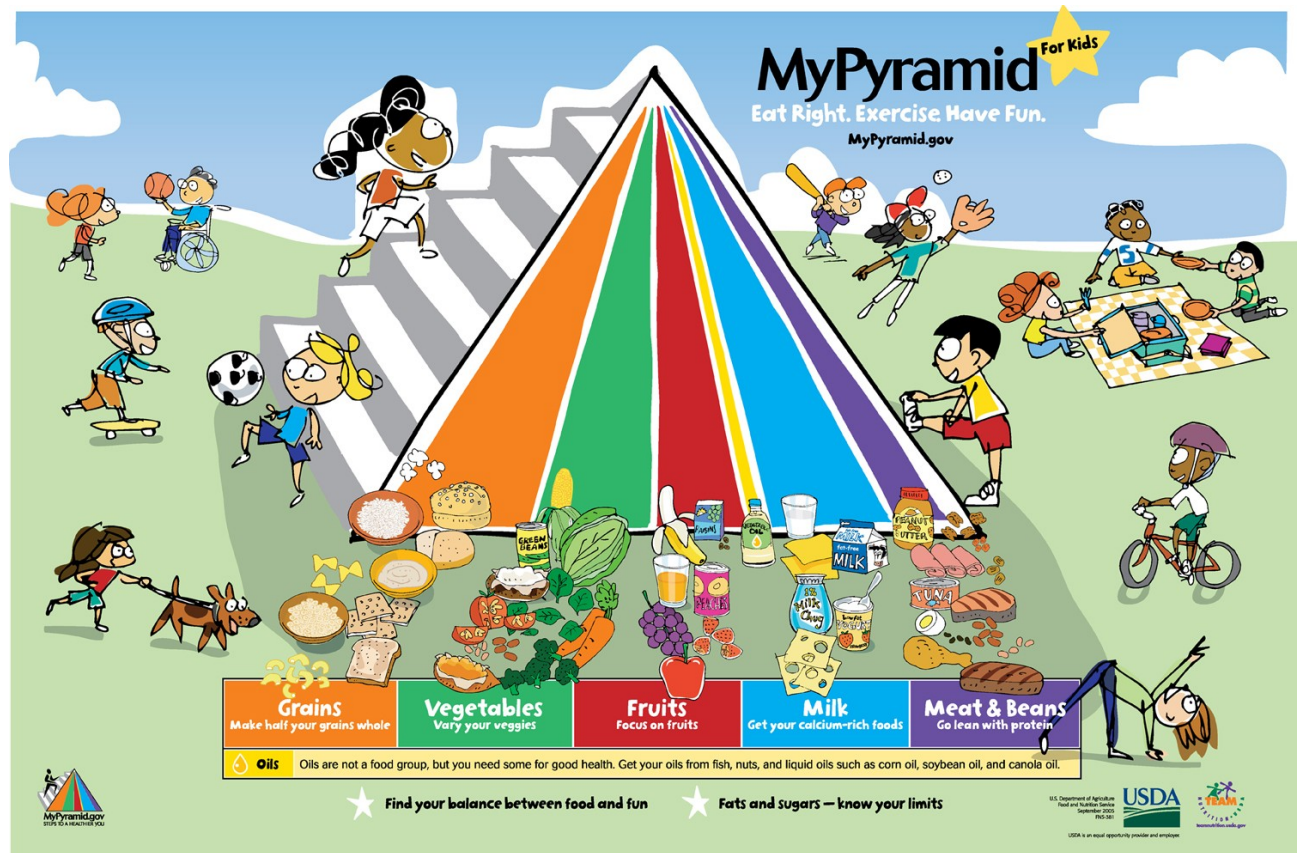
It is designed so that families can learn and remember how to choose foods that will keep them healthy every day.

- △ Study it (visit the website)
- △ Practice it
- △ Tack it up
- △ Look at it together
- △ Talk about it
- △ Use it to shop
- △ Make it fun and your kids will eat it up.

Best of all they will grow up knowing how to make food choices for a healthy diet.



<http://www.fns.usda.gov/tn/>



Be Physically Active Every Day

The person climbing the stairs of the pyramid reminds you to do something active everyday. Try walking the dog, playing, biking, or climbing stairs.

Eat More From Some Food Groups Than Others

The food groups with wide stripes are the ones you should pick the most foods from. Pick less foods from the groups with smaller stripes.

Every Color Every Day

Each color in the pyramid stands for a

different food group. Remember to eat foods from all food groups every day.

Make Choices That Are Right for You

MyPyramid.gov is a Web site that will give everyone in the family personal ideas on how to eat better and exercise more.

Take One Step at a Time

You do not need to make lots of big changes. Just start with one new, good thing, then try to add a new one every day.