



THINK Healthy – A common understanding of what being healthy means will provide a solid foundation for students to learn and practice health-enhancing behaviors. For students to set meaningful and reachable goals about nutrition and physical activity, they need to understand the bigger picture of what it means to be healthy.



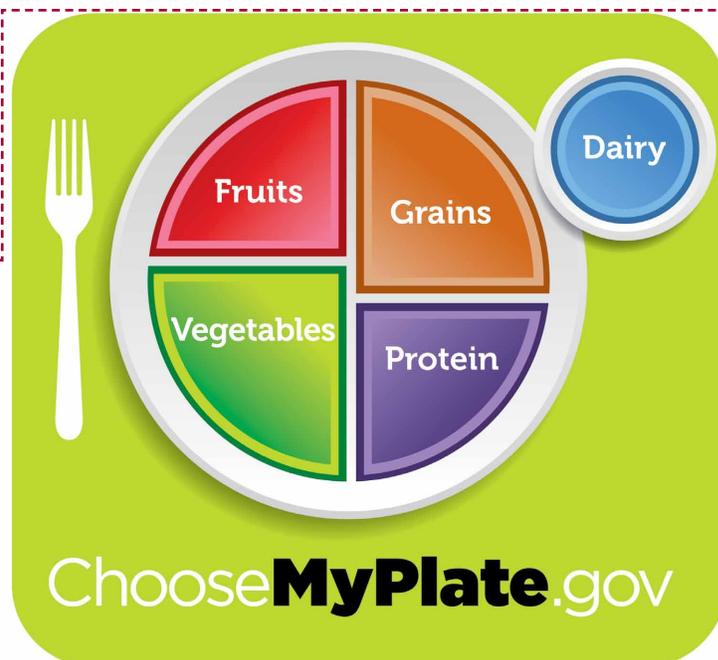
Think Healthy

Before you eat, think about what goes on your plate or in your cup or bowl.

Healthy steps to build a healthy plate:

- Make half your plate **fruits** and **vegetables**
- Switch to **skim** or **1% milk**
- Make at least half your **grains** **whole**
- Vary your **protein** food choices

MyPlate is USDA's primary food group symbol designed to help communicate the dietary guidelines. The intent is to prompt consumers to build a healthy plate at meal times, and encourage them to seek more information at www.choosemyplate.gov. The MyPlate icon is based on a familiar meal time image—a place setting—and emphasizes the fruit, vegetable, grains, protein and dairy food groups.



For more information visit:

www.nestleusa.com/healthysteps

www.neahin.org/healthysteps

www.choosemyplate.gov

www.dietaryguidelines.gov

www.fns.usda.gov/tn

www.letsmove.gov

www.cdc.gov/Healthyyouth/physicalactivity/guidelines.htm#1

www.nhlbi.nih.gov/health/public/heart/obesity/wecan/index.htm

EAT Healthy – MyPlate illustrates the five food groups using something we see at mealtimes, a place setting. MyPlate uses different colors to show portions of each food group on the plate and in the cup. MyPlate shows us how to build a healthy plate by choosing foods from the five food groups.

MOVE Healthy – It is universally recommended that elementary school-age children accumulate a total of at least 60 minutes of physical activity every day. Physical activity is bodily movement. Physical activity accumulated each day should include bouts of both moderate and vigorous intensity levels. One of the main ways to know if you are doing moderate or vigorous activity is that vigorous activity makes your heartbeat even faster than moderate activity.

Eat Healthy

You can build a healthy plate by choosing foods from the five food groups.

Know the food groups, know yourself, and know your plate:

Vegetables

- Remember to eat red, orange and dark green vegetables
- Eat 2½ cups every day



Fruits

- Use fruits as snacks, salads or desserts
- Eat 1½ cups every day



Dairy

- Low-fat or fat-free dairy foods have the same amount of calcium and other nutrients, but less fat and calories
- Get 2½ cups every day



Grains

- Choose foods that name a whole grain first on the ingredients list
- Eat 6 ounces every day



Protein

- Twice a week, make seafood the protein on your plate
- Eat 5 ounces every day



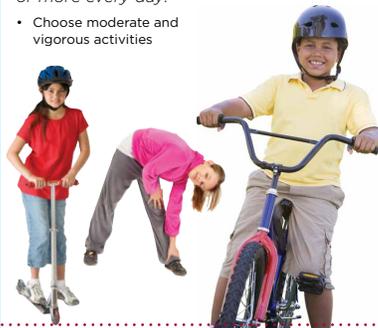
* Daily intake recommendations based on a 1,800 calorie pattern.

Move Healthy

Be physically active your way.

Aim to be active for 60 minutes or more every day:

- Choose moderate and vigorous activities



Foods to eat less

Know your limits with added sugar, salt, and solid fats.

- Use the nutrition facts label and ingredient list to be a nutrition detective



Choose water over sugary drinks

Eat the right amount of food for you

The right amount of food for you depends on your age and physical activity level.

- Check the website, ChooseMyPlate.gov



Foods to eat less - Solid fats and added sugars add calories to the food but few or no nutrients. For this reason, the calories from solid fats and added sugars in a food are often called empty calories. Too much sodium (salt) may increase your blood pressure. Foods like vegetables, fruits, whole grains, low-fat dairy products, and lean protein foods contain the nutrients you need without too many empty calories or sodium.

Eat the right amount of food for you. ChooseMyPlate.gov provides recommended average daily intake amounts in terms of total volume or weight for the day (e.g., instead of five servings of vegetables per day, the recommendation is 2½ cups). Healthy Steps for Healthy Lives also provides the daily intake amounts in terms of what counts as a portion. Daily intake recommendations are based on characteristics such as age and how physically active a person is. The information in this program is based on an average recommended caloric intake for children ages 8-11 with a range of physical activity levels.