

## Eat Right - Stay Healthy Try-It

### 1. The Foods We Eat - "Good For You" Snacks

What are the right kinds of food? Here are some suggestions for "good" snacks from each food group. Enjoy some of them with your troop/group. Why are these foods "Good For You"?

#### Snacks from the Grain Group

Cracker stacks—wheat crackers spread with cheese spread

Ready-to-eat cereals

Flavored mini rice cakes or popcorn cakes

Breads of all kinds such as multi-grain, rye, white, wheat

Popcorn

Trail mix...ready-to-eat cereals mixed with raisins or other dried fruit

Graham crackers

#### Snacks from the Vegetable Group

Vegetable sticks such as carrot, celery, green pepper, cucumber, or squash

Celery stuffed with peanut butter

Cherry tomatoes cut in small pieces

Steamed broccoli, green beans, or sugar peas with lowfat dip

#### Snacks from the Fruit Group

Apple ring sandwiches (peanut butter on apple rings)

Tangerine sections

Chunks of banana or pineapple

Canned fruits packed in juice

Juice box (100% juice)



#### Snacks from the Milk Group

Milk shakes—made with fruit and milk

Cheese slices with thin apple wedges

String cheese or individually wrapped slices

Mini yogurt cups

#### Snacks from the Meat Group

Hard cooked eggs (wedges or slices)

Peanut butter spread thin on crackers

Bean dip spread thin on crackers



## 2. Smart Shopper -

Have the troop/group brainstorm a weekly shopping list for a family of four. Gather many "grocery store" weekly advertisements and old magazines. Divide your troop/group into as many different groups as you have ads. Give each group an advertisement and the same common grocery list. Using pictures from the old magazines, have each group make a collage of the items on their list. Now, shop from the ads and price the items on your collage. Which group was the less costly? What is the approximate cost of weekly groceries? Were the choices healthy?

## 3. Dairy Foods - Yogurt, Milk, and Ice Cream

Here are some fun recipes to share with your troop/group using yogurt. Enjoy!

### Fruity Parfait - Makes 4 servings

Ingredients: 2 cups chopped fresh pineapple, 1 cup frozen raspberries, thawed, 1 cup lowfat vanilla yogurt, 1 firm, medium banana, peeled and sliced,  $\frac{1}{4}$  cup sliced almonds, toasted Method: In glasses, layer pineapple, raspberries, yogurt, and banana. Sprinkle the top with almonds.



### I've Got the Blues, Yogurt Yumm

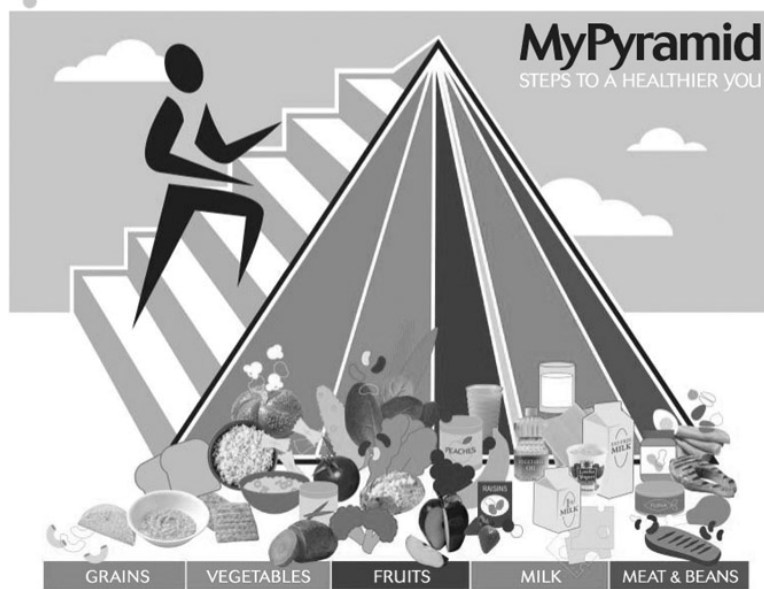
The blueberry flavor is only one of the oodles of possibilities for this yummy snack. Use your imagination or just what you have on hand and your favorite fruit in season. 2 (6 oz) containers Plain low fat yogurt, 4 Tablespoons Sugar,  $\frac{1}{4}$  (rounded) teaspoon (Berry Blue flavor Koolaid unsweetened softdrink mix),  $\frac{1}{4}$  cup blue berries. Combine yogurt, sugar and soft drink mix, stir to combine, Fold in blue berries. Chill in refrigerator for 15 to 20 minutes, serve.

## 5. Balancing Act - The "new" Food Pyramid

Introduce the "new" FOOD pyramid to the children. Show them that there is a section for each food group. Using old magazines, have girls cut out different foods. The girls can chose pictures of foods in a "lunch, supper, snack, etc." that they would eat. Ask the girls which food group the food picture belongs in, to see if you are eating a balanced diet: Describe how we look at what we eat in one meal. Put the pictures in the right section of the Food Pyramid, and then see if that section is filled up or not.

Ask: If one section is not filled up at the end of the day, are you eating a balanced diet? (no)

If one section has too many foods in it, it is overfilled. Are you eating a balanced diet? (no)



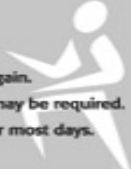
<b>GRAINS</b> Make half your grains whole	<b>VEGETABLES</b> Vary your veggies	<b>FRUITS</b> Focus on fruits	<b>MILK</b> Get your calcium-rich foods	<b>MEAT &amp; BEANS</b> Go lean with protein
<p>Eat at least 3 oz. of whole-grain cereals, breads, crackers, rice, or pasta every day</p> <p>1 oz. is about 1 slice of bread, about 1 cup of breakfast cereal, or 1/2 cup of cooked rice, cereal, or pasta</p>	<p>Eat more dark-green veggies like broccoli, spinach, and other dark leafy greens</p> <p>Eat more orange vegetables like carrots and sweetpotatoes</p> <p>Eat more dry beans and peas like pinto beans, kidney beans, and lentils</p>	<p>Eat a variety of fruit</p> <p>Choose fresh, frozen, canned, or dried fruit</p> <p>Go easy on fruit juices</p>	<p>Go low-fat or fat-free when you choose milk, yogurt, and other milk products</p> <p>If you don't or can't consume milk, choose lactose-free products or other calcium sources such as fortified foods and beverages</p>	<p>Choose low-fat or lean meats and poultry</p> <p>Bake it, broil it, or grill it</p> <p>Vary your protein routine — choose more fish, beans, peas, nuts, and seeds</p>

For a 2,000-calorie diet, you need the amounts below from each food group. To find the amounts that are right for you, go to [MyPyramid.gov](http://MyPyramid.gov).

Eat 6 oz. every day	Eat 2 1/2 cups every day	Eat 2 cups every day	Get 3 cups every day; <small>for kids aged 2 to 8, it's 2</small>	Eat 5 1/2 oz. every day
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**Find your balance between food and physical activity**

- Be sure to stay within your daily calorie needs.
- Be physically active for at least 30 minutes most days of the week.
- About 60 minutes a day of physical activity may be needed to prevent weight gain.
- For sustaining weight loss, at least 60 to 90 minutes a day of physical activity may be required.
- Children and teenagers should be physically active for 60 minutes every day, or most days.



**Know the limits on fats, sugars, and salt (sodium)**

- Make most of your fat sources from fish, nuts, and vegetable oils.
- Limit solid fats like butter, margarine, shortening, and lard, as well as foods that contain these.
- Check the Nutrition Facts label to keep saturated fats, trans fats, and sodium low.
- Choose food and beverages low in added sugars. Added sugars contribute calories with few, if any, nutrients.



U.S. Department of Agriculture  
 Center for Nutrition Policy and Promotion  
 April 2005  
 CNPP-15



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