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Hancock County

by Patti Koester

It's the new year and many of us are thinking of how to be healthier. The food guidelines discussed in this newsletter are a very good way to help get up to speed. In fact, if leading a healthier lifestyle OR weight loss is your goal, simply following the recommendations should get you where you want to go. www.MyPyramid.gov is personalized and will give you exact recommendations on the kind and amounts of food to eat, and how much exercise YOU need for optimum health OR weight loss.

Happy New Year and may you enjoy good health.

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A New Year, a New Beginning with the Food Guidance System

What Is the Food Guidance System?

The Food Guidance System uses the Dietary Guidelines, the MyPyramid graphic, and the Nutrition Facts label on food packages. This tool tells you what and how much to eat.

What Are the Dietary Guidelines for Americans?

The 2005 Dietary Guidelines help *healthy* people two years and older make good food choices. Some key ideas from the 2005 Dietary Guidelines are:

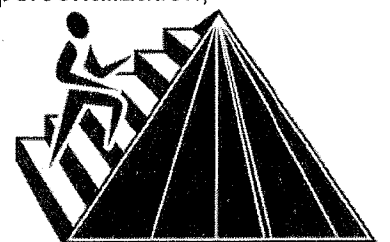
- Make smart choices from every food group.
- Mix up your choices within each food group.
 - Focus on fruits.
 - Vary your veggies.
 - Get your calcium-rich foods.
 - Make half your grains whole.
 - Go lean with protein.
- Find your balance between food and physical activity.
- Get the most nutrition out of your calories.
- Nutrition: know the facts—read the label.
- Alcohol: if you choose to drink, do so in moderation.
- Play it safe with food (keep food safe to eat).

What Is MyPyramid?

MyPyramid is a simple, personal plan to nutrition and eating. It reminds us to make healthy food choices and be active every day.

MyPyramid represents moderation, personalization, proportionality, variety, and gradual improvement.

Moderation. Each food group gets narrower near the top. The bottom of the pyramid has foods with few or no solid fats or added sugars. Select these more often. The narrower top stands for foods with more sugars and solid fats. Eat more of these if you are more physically active.



MyPyramid.gov
STEPS TO A HEALTHIER YOU

Personalization. The person on the steps, slogan, and Internet web site stress finding the amount of foods YOU need daily.

Proportionality. The different food group bands are different widths. The widths are a general guide to how much to eat.

Variety. The six color bands represent the different food groups. This shows that you need foods from all groups daily.

Gradual improvement. The slogan 'Steps to a Healthier You' shows this. People can take small steps to make their diet and lifestyle better each day.

How Much Should I Have from the Food Groups?

Check out the table below to know how much to eat if you use the Dietary Guidelines and MyPyramid. Notice that there is a row for oils and another for what the Dietary Guidelines call "discretionary" or MyChoice calories. The example is for a **2000-calorie daily food pattern**. Discretionary calories are the extra calories you use to "spice up" the plain versions of the foods in MyPyramid.

| | |
|--|-------------------------|
| Grains | 6 ounce-equivalents |
| Vegetables | 2-1/2 cups |
| Fruits | 2 cups |
| Milk and Dairy | 3 cups |
| Lean Meats | 5-1/2 ounce-equivalents |
| Oils | 27 gm (5-1/2 tsp) |
| Discretionary Calories (MyChoice) | 267 |

Remember: 1 cup = a "tennis ball"

How Big Is a Serving in Each Food Group?

Grains Group

(foods equal to 1 ounce of grain)

- 1 slice bread
- 1 4-inch pancake
- 1 small roll, biscuit, muffin, or 6-inch tortilla
- 3 or 4 small crackers
- 1 cup ready-to-eat cereal
- 1/2 cup cooked cereal, rice, or pasta
- 1/2 hamburger bun, bagel, or English muffin

Vegetable Group

- 1/2 cup cooked vegetables
- 1/2 cup chopped raw vegetables
- 1 cup raw leafy vegetables

Fruit Group

- 1 medium apple, banana, or orange
- 1/2 cup chopped, fresh, cooked, or canned fruit
- 1/4 cup dried fruit
- 1/2 cup 100% fruit juice

Dairy Group (foods equal to 1 cup milk)

- 1 cup nonfat milk or yogurt
- 1 1/2 ounces natural cheese (= 6 "dice")
- 2 ounces processed cheese (= 8 "dice")
- 1 cup calcium-fortified soy milk
- 1 3/4 cups cottage cheese

Lean Meat and Substitutes

(foods equal to 1 ounce of meat)

- 1 ounce lean meat, poultry, or fish
- 1/4 cup cooked dry beans
- 1 egg
- 1 tablespoon peanut butter
- 1/2 ounce nuts or seeds

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