TEXAS A&M AGRILIFE EXTENSION

BETTER LIVING for Texans

East Region BLT Advisory Committee Health Fair Activity Booklet

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Test Your Knowledge Health Fair Activity

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Supplies Needed:

- Display Board
- True and/or False Questions
- Answer sheet to questions
- Optional print handout relative to food safety

Activity:

- The display board is a plus with hands on learning. You can tailor your questions to nutrition, food safety and food storage. It can also be used for any FCS or Extension education topic. You can use the board as an ice breaker before starting a class, or at the end as part of a review. The board can also be used as an exhibit at a fair or activity.

- Place questions on board or a poster

- As participants gather solicit a volunteer to answer the questions or they can answer collectively by the group pushing T for True or F for False.

- You can review the questions on the board and pass out a sheet with correct answers as well as a handout related to the topic you are covering.

- You can give a small prize such as a pencil, pen, etc. to new participants or one if they get all answers correct.

Baekground Information

- This will vary according to the topic you are using.

TEXAS A&M AGRILIFE EXTENSION

Test Your Nutrition Knowledge

1. For health eating, all the grains you should eat should be whole grain.

   - o True
   - o False

2. We all need at least 8 to 10 cups of water every day.

   - o True
   - o False

3. People with diabetes should avoid foods with added sugars.

   - o True
   - o False

5. For good health and a healthy weight, we should try to avoid red meat altogether.

   - o True
   - o False

6. Eggs are high is cholesterol so we really need to eat no more than two a week.

   - o True
   - o False

Test Your Nutrition Knowledge
Answers

1. For healthy eating, all the grains you should eat should be whole grain.

FALSE- It's true that whole grains are more nutritious than refined grains. But good nutrition is also about enjoying our foods, and sometimes we might like the refined version better. For example, we might enjoy a Chinese dish with white rice more than with brown. The official healthy eating recommendation is to choose whole grain for at least half of your grains each day, so that leaves wiggle room for those times we prefer the refined version.

2. We all need at least 8 to 10 cups of water every day.

FALSE- The amount of fluid an individual needs changes from day to day based on many factors. Many foods contribute to our fluid intake, such as fruit, vegetables, milk, soups, etc. Still, many of us don't get enough fluid so regularly drinking a few cups of water a day is a good idea.

3. People with diabetes should avoid foods with added sugars.

FALSE. Most people with diabetes can eat foods with added sugars. When it comes to managing diabetes, it's more important to consider the total amount of carbohydrate a meal contains from all foods (grains, starchy vegetables, fruit, many milk products, and added sweeteners) instead of trying to avoid added sugar.

5. For good and healthy weights, we should try to avoid red meat altogether.

FALSE. This myth likely arose from the fact that red meat does contain saturated fat, and eating too much saturated fat can raise blood cholesterol levels, increasing risk for heart disease. But leaner cuts of red meat such as tenderloin, round, top sirloin and flank can fit easily into healthy eating. Plus, red meat is a great source of heme iron, which is easily absorbed by the body. Getting enough iron is important for women prior to menopause.

6. Eggs are high in cholesterol so we really need to eat no more than two a week.

FALSE. While eggs are a major source of dietary cholesterol, it's actually more important to minimize saturated fat intake when trying to reduce blood cholesterol levels. Because genetic differences determine how each person handles the cholesterol in food, there is no standard for how often eggs should be consumed. Check with your physician or registered dietitian if you have concerns about dietary cholesterol.

TEXAS A&M AGRILIFE EXTENSION

Test Your Fiber Knowledge

1. **Dietary fiber is the part of plants that humans are unable to digest.**

   - ○ True
   - ○ False

2. **Fruits contain pectin.**

   - ○ True
   - ○ False

3. **By law, bread labeled "whole wheat" must be made with 100% whole wheat flour.**

   - ○ True
   - ○ False

4. **The label "wheat bread" means the bread is made from whole wheat flour.**

   - ○ True
   - ○ False

5. **Animal foods contain fiber.**

   - ○ True
   - ○ False

6. **Fiber produces a laxative effect.**

   - ○ True
   - ○ False

Test Your Fiber Knowledge
Answers

1. **Dietary fiber is the part of plants that humans are unable to digest.**

   True. Humans can digest the starches and sugars in plants. Human digestive enzymes are unable to break down dietary fibers.

2. **Fruits contain pectin.**

   True. Pectin is a fiber found in such foods as apples, bananas, carrots, potatoes. Pectin is considered a soluble fiber.

3. **By law, bread labeled "whole wheat" must be made with 100% whole wheat flour.**

   True. Bread labeled "whole wheat" must be made from 100% whole wheat.

4. **The label "wheat bread" means the bread is made from whole wheat flour.**

   FALSE. "Wheat bread" may be made from varying proportions of enriched white flour and whole wheat flour.

5. **Animal foods contain fiber.**

   FALSE. Dietary fibers are found only in plants.

6. **Fiber produces a laxative effect.**

   TRUE. Some fibers help produce softer, bulkier stools and more rapid movement of waste through the intestines.

TEXAS A&M AGRILIFE EXTENSION

Check Your Temperature I.Q.

1. Freeze Foods to below 0 degrees F to kill any harmful bacteria.

   - o True
   - o False

2. Keep hot foods at temperatures above 140 degrees F to prevent growth of bacteria.

   - o True
   - o False

3. Reheat leftovers to 165 degrees F or above to ensure their safety if served hot.

   - o True
   - o False

4. Maintain the temperature of your refrigerator at 40 degrees F or below to prevent the growth of harmful bacteria.

   - o True
   - o False

5. Bacterial spores and harmful toxins are destroyed by boiling (212 degrees F).

   - o True
   - o False

6. No disease causing bacteria grow below 45 degrees F.

   - o True
   - o False

7. Food can be safely kept at room temperature for up to four hours.

   - o True
   - o False

8. The danger zone is a range of temperatures between 40 degrees F and 140 degrees F where bacteria multiply rapidly.

   - o True
   - o False

Check Your Temperature I.Q.
Answers

1. **Freeze foods below 0 degrees F to kill any harmful bacteria.**

   FALSE. Although freezing may kill a few bacteria, most survive; therefore, exercise care when defrosting foods. Foods can be safely defrosted in the refrigerator, surrounded by cold water that is changed every 30 minutes, or in the microwave followed immediately by cooking. To maintain the quality of the food, keep your freezer at 0 degrees F or below.

2. **Keep hot foods at temperatures above 140 degrees F to prevent growth of bacteria.**

   TRUE. When serving hot foods at a buffet or just keeping dinner warm for a family member, it is important that the food be kept at or above 140 degrees F.

3. **Reheat leftovers to 165 degrees F or above to ensure their safety if served hot.**

   TRUE. Reheating to a temperature of 165° is another way of minimizing the risk of food poisoning.

4. **Maintain the temperature of your refrigerator at 40 degrees F or below to prevent the growth of harmful bacteria.**

   TRUE. Because Listeria monocytogenes– a bacteria that can cause foodborne illness– can grow at 41 degrees F, it is important that you keep the temperature of your refrigerator at 40 degrees F or below. This organism is especially harmful for pregnant women, because it can cause spontaneous abortions and stillbirth.

5. **Bacterial spores and harmful toxins are destroyed by boiling (212 degrees F).**

   FALSE. Bacterial spores and some toxins (for example, staphylococcus aureus toxin) must be heated to 240 degrees F to destroy them. Using a pressure cooker is the only way to achieve this high temperature so it is important to prevent contamination of the food. Staphylococcus aureus is found in our nose, infected cuts, and pimples so good handwashing is the most effective way to prevent food poisoning from this organism.

6. **No disease causing bacteria grow below 45 degrees F.**

   FALSE. Listeria monocytogenes grows quite well at 40 degrees F. This organism is harmful for pregnant women, because it causes a high rate of spontaneous abortion and stillbirth.

7. **Food can be safely kept at room temperature for up to four hours.**

   FALSE. No perishable food should be kept at room temperature for longer than 2 hours. When temperatures reach 90 to 95 degrees F, this time should be shortened to 1 hour. Under ideal conditions, bacteria can divide every 20 minutes so that in 10 to 12 hours, one bacteria has become billions!

8. **The danger zone is a range of temperatures between 40 degrees F and 140 degrees F where bacteria multiply rapidly.**

   TRUE. This temperature range spans normal room temperature, so it is critical to keep foods out of this temperature range. Under ideal conditions, bacteria can divide every 20 minutes so that in 10 to 12 hours, one bacteria has become billions! The danger zone is a range of temperatures between 40 degrees F and 140 degrees F where bacteria multiply rapidly.

TEXAS A&M AGRILIFE EXTENSION

Test Your Food Safety Knowledge

1. Microwaving food kills bacteria so the food is safe to eat.

   - ○ True
   - ○ False

2. You need to wash produce even if you are going to peel it.

   - ○ True
   - ○ False

3. You need to wash all bagged lettuce and greens.

   - ○ True
   - ○ False

4. You can re-freeze foods after you have thawed them– you don't have to cook them or throw them away.

   - ○ True
   - ○ False

5. Putting chicken in a colander and rinsing it with water will remove bacteria like salmonella.

   - ○ True
   - ○ False

6. You should not put hot food in the refrigerator.

   - ○ True
   - ○ False

7. Once a hamburger turns brown in the middle it is cooked.

   - ○ True
   - ○ False

Test Your Food Safety Knowledge
Answers

1. **Microwaving food kills bacteria so the food is safe to eat.**

   FALSE. Microwaves aren't what kill bacteria– it's the heat generated by microwaves that kills bacteria in foods.

2. **You need to wash produce even if you are going to peel it.**

   TRUE. You should wash fresh fruits and vegetables under running tap water just before eating, cutting or cooking. Harmful bacteria could be on the outside of the produce. If you peel or cut it without first washing it the bacteria could be transferred to the part you eat. Wash delicate produce such as grapes or lettuce under cool running water. Blot dry with a clean cloth towel or paper towel. Rub firm-skin fruits and vegetables under running tap water or scrub with a clean produce brush. Never use detergent or bleach to wash fresh fruits or vegetables. These products are not intended for consumption.

3. **You need to wash all bagged lettuce and greens.**

   FALSE. While it is important to thoroughly wash most fresh fruits and vegetables, if packaged greens are labeled "ready-to-eat", "washed" or "triple washed" then the product does not need to be washed at home. Pre-washed greens have been through a cleaning process immediately before going into the bag. Re-washing and handling the greens creates opportunities for contamination.

4. **You can re-freeze foods after you have thawed them– you don't have to cook them or throw them away.**

   TRUE. If raw foods such as meat, poultry, egg products, and seafood have been thawed in the refrigerator, then they may be safely re-frozen without cooking for later use. If raw foods are thawed outside of the refrigerator, for example in the microwave or in cold water, they should be cooked immediately. Never re-freeze raw or not fully cooked foods that have been thawed outside of the refrigerator.

5. **Putting chicken in a colander and rinsing it with water will remove bacteria like salmonella.**

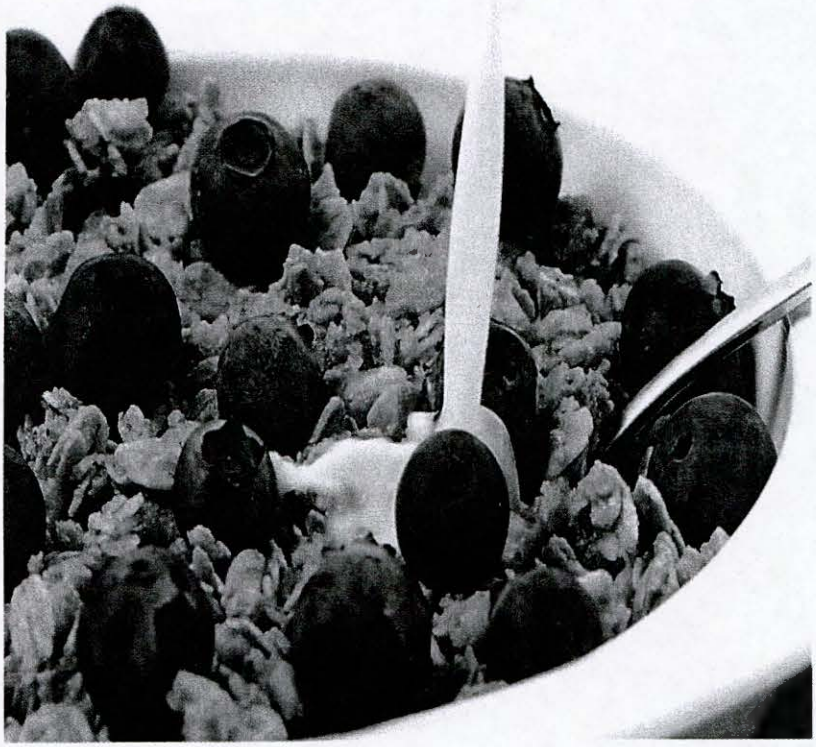
   FALSE. Rinsing poultry in a colander will not remove bacteria. Bacteria in raw meat and poultry can only be killed when cooked to a safe internal temperature, which for poultry is 165° F, as measured with a food thermometer.

6. **You should not put hot food in the refrigerator.**

   FALSE. Hot food can be placed directly in the refrigerator. A large pot of food like soup or stew should be divided into small portions and put in shallow containers for quicker cooling in the refrigerator. Food is not safe to eat after sitting out at room temperature for more than two hours. Bacteria grow rapidly in the "danger zone" between 40° and 140°. Always follow the "two hour rule"– refrigerate perishable foods within two hours at a refrigerator temperature of 40° or below. If the temperature is 90°F or hotter, food should be refrigerated.

7. **Once a hamburger turns brown in the middle it is cooked.**

   FALSE. You cannot use visual cues to determine whether food has been cooked to a safe internal temperature. The ONLY way to know that food has been cooked to a safe internal temperature is to use a food thermometer. Ground beef should be cooked to a minimum internal temperature of 160° F, as measured by a food thermometer.



Build a High Fiber Meal Activity

Build a High-Fiber Meal Health Fair Activity

Prepared by:

Judith Saenz, Williamson County, EA-BLT

&

Madelena Johnson, Williamson County, CEA-FCS

Supplies needed:

1. One or more copies of the How Much Fiber Do We Need chart and The Benefits of Consuming Dietary Fiber Include poster (laminated and in color for future use). You can post these on your health fair booth wall and/or also have a couple on hand to reference during this activity.
2. Several copies of the Build a High Fiber Meal worksheet for participants to use during this activity. There are two worksheets per sheet in order to minimize paper usage. Just cut in half vertically in order to get two worksheets per sheet.
3. Pencils or pens for participants to write on the worksheets. You may want to tape flags, flowers, streamers, etc. on your writing instruments so that participants are less likely to walk away with them.
4. One or more cheap calculators like the kind you can purchase at a dollar store. You may also want to tape something conspicuous to your calculators so that participants are reminded to leave the calculators at your booth.
5. One or more clipboards to make writing easier for participants during this activity. You can also attach a calculator and a writing instrument to each clipboard with a lanyard or durable string, thus providing a better experience for participants and increasing your chances of keeping all of your gear at the end of the health fair.
6. Laminated color pictures of food items with nutrition facts labels for:
   Fruits: cantaloupe, strawberries, grapes, tomato slices, orange
   Vegetables: lettuce, baked potato, broccoli, green bell pepper
   Grains: oatmeal, tortilla chips, whole wheat bread, white bread, biscuit
   Protein: roasted chicken, steak, baked beans, lentils, peanut butter
   Dairy: whole milk, 1% milk, mozzarella cheese, American cheese, flavored yogurt

Instructions:

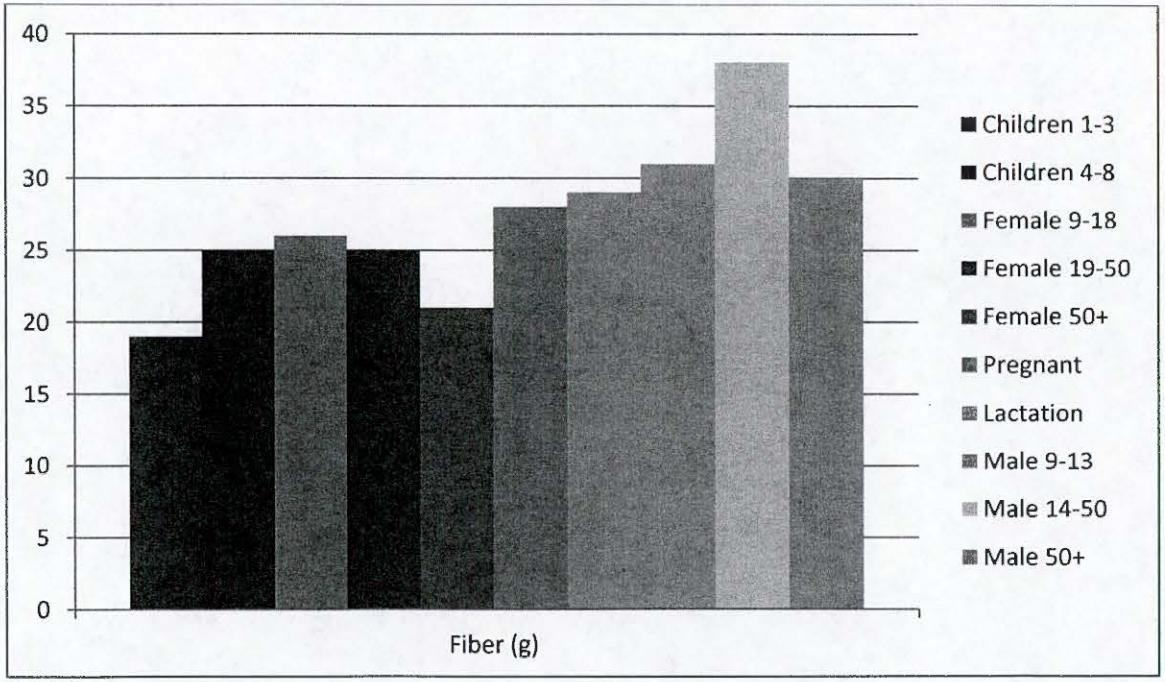
Have participants take a Build a High Fiber Meal worksheet and have them follow the directions on the worksheet. You may guide them during every step or allow them to do the activity independently depending on the number of participants at your booth or the participants' preference. Reassure participants working independently that you can answer questions regarding the activity that they may have.

The goals of this activity are to:

1.) encourage participants to create a meal with a high fiber content and
2.) help participants become aware of the fiber content in the foods they choose by reading the Nutrition Facts Labels.

Discuss the benefits of consuming dietary fiber by referencing The Benefits of Consuming Dietary Fiber Include poster. Point out that some foods contain no dietary fiber (e.g. beef, poultry, milk, etc.) and some foods contain high amounts of dietary fiber (e.g. beans, lentils, whole grains, vegetables, fruit, etc.). Remind participants that they may visit the website www.ChooseMyPlate.gov to learn more about dietary fiber and nutrition in general.

How Much Fiber Do We Need?



SOURCE: *Dietary Reference Intakes for Energy, Carbohydrate. Fiber, Fat, Fatty Acids, Chalesterol, Protein, and Amino Acids (2002/2005).*

The Benefits of Consuming Dietary Fiber Include:

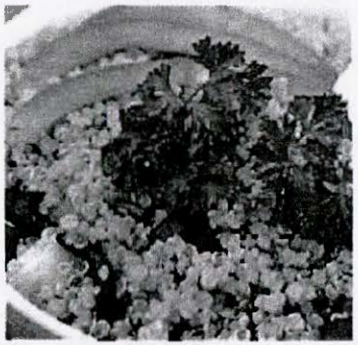
Reduced constipation

Reduced blood cholesterol levels

Reduced risk of Type 2 Diabetes

Reduced risk of heart disease

Reduced risk of obesity



Build a High-Fiber Meal

Directions:

1. Build a meal by choosing one food item from each of the food groups listed in the table below.
2. Read the Nutrition Facts Label for each food you choose and look for the Dietary Fiber content.
3. Write the Dietary Fiber amount for each of your food choices in the table below.
4. Add the amount of Dietary Fiber from each food item to get the TOTAL Fiber content of your meal.
5. Calculate the %of Daily Fiber by dividing the TOTAL Fiber amount by the recommended daily fiber intake for your age and gender (found on the "How Much Fiber Do We Need?" graph).

Group	Food Choice	Dietary Fiber (g)
Fruits		
Vegetables		
Grains		
Protein		
Dairy		
	TOTAL Fiber	
	% of Daily Fiber	

Diets rich in foods containing fiber, such as some vegetables and fruits, may reduce the risk of heart disease, obesity, and type 2 diabetes.
Dietary fiber from fruits, as part of an overall healthy diet, helps reduce blood cholesterol levels and may lower risk of heart disease. Fiber is important for proper bowel function. It helps reduce constipation and diverticulosis. Fiber-containing foods such as fruits help provide a feeling of fullness with fewer calories. *Whole or cut-up fruits are sources of dietary fiber; fruit juices contain little or no fiber.*

Source: www.ChooseMyPlate.gov

Build a High-Fiber Meal

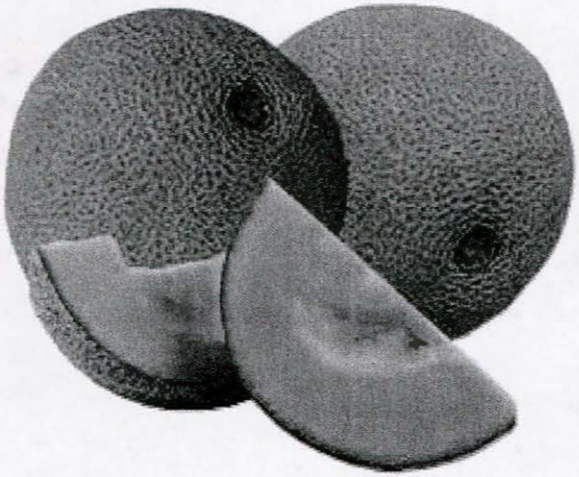
Directions:

1. Build a meal by choosing one food item from each of the food groups listed in the table below.
2. Read the Nutrition Facts Label for each food you choose and look for the Dietary Fiber content.
3. Write the Dietary Fiber amount for each of your food choices in the table below.
4. Add the amount of Dietary Fiber from each food item to get the TOTAL Fiber content of your meal.
5. Calculate the %of Daily Fiber by dividing the TOTAL Fiber amount by the recommended daily fiber intake for your age and gender (found on the "How Much Fiber Do We Need?" graph).

Group	Food Choice	Dietary Fiber (g)
Fruits		
Vegetables		
Grains		
Protein		
Dairy		
	TOTAL Fiber	
	% of Daily Fiber	

Diets rich in foods containing fiber, such as some vegetables and fruits, may reduce the risk of heart disease, obesity, and type 2 diabetes.
Dietary fiber from fruits, as part of an overall healthy diet, helps reduce blood cholesterol levels and may lower risk of heart disease. Fiber is important for proper bowel function. It helps reduce constipation and diverticulosis. Fiber-containing foods such as fruits help provide a feeling of fullness with fewer calories. *Whole or cut-up fruits are sources of dietary fiber; fruit juices contain little or no fiber.*

Source: www.ChooseMyPlate.gov



Cantaloupe

Nutrition Facts

Serving Size 1/4 medium melon (134g)

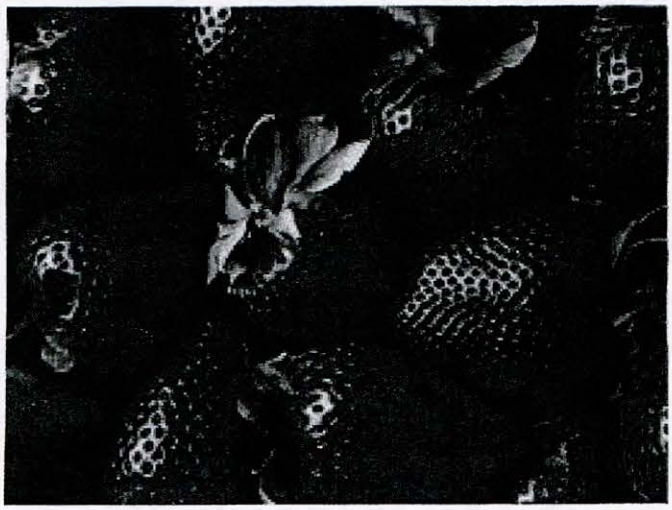
Amount Per Serving	
Calories 50	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 12g	4%
Dietary Fiber 1g	4%
Sugars 11g	
Protein 1g	

Vitamin A 120%	Vitamin C 80%
Calcium 2%	Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 Carbohydrate 4 Protein 4



Strawberries

Nutrition Facts

Serving Size 8 medium berries (147g)

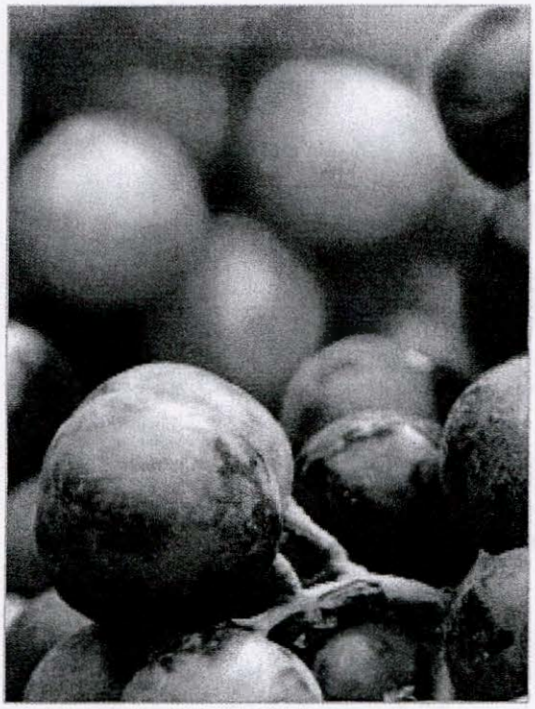
Amount Per Serving	
Calories 50	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 11g	4%
Dietary Fiber 2g	8%
Sugars 8g	
Protein 1g	

Vitamin A 0%	Vitamin C 160%
Calcium 2%	Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 Carbohydrate 4 Protein 4



Grapes

Nutrition Facts

Serving Size 3/4 cup (126g)
Servings Per Container

Amount Per Serving

Calories 90	Calories from Fat 0
	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 15mg	**1%**
Total Carbohydrate 23g	**8%**
Dietary Fiber 1g	**4%**
Sugars 20g	
Protein 0g	

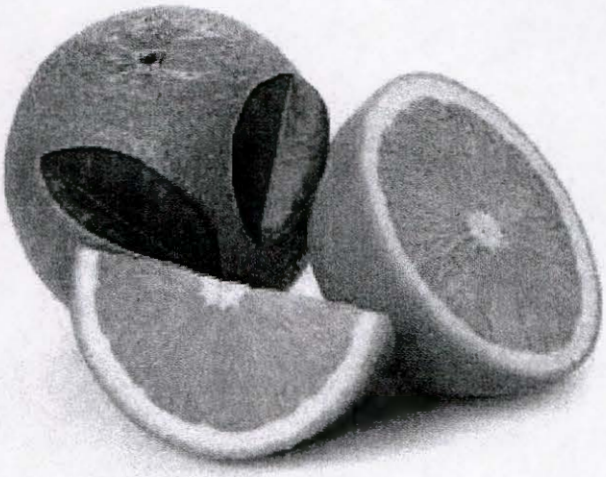
Vitamin A 0% • Vitamin C 2%

Calcium 2% • Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4



Orange

Nutrition Facts

Serving Size 1 medium orange (154g)

Amount Per Serving	
Calories 80	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 19g	6%
Dietary Fiber 3g	12%
Sugars 14g	
Protein 1g	

Vitamin A 2%	Vitamin C 130%
Calcium 6%	Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 Carbohydrate 4 Protein 4

Tomato

Nutrition Facts

Serving Size 1 medium tomato (148g)

Amount Per Serving	
Calories 25	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 5g	2%
Dietary Fiber 1g	4%
Sugars 3g	
Protein 1g	

Vitamin A 20%	Vitamin C 40%
Calcium 2%	Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 Carbohydrate 4 Protein 4

Romaine Lettuce

Nutrition Facts

Serving Size 6 leaves (85g)

Amount Per Serving	
Calories 20	Calories from Fat 0
	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 1g	

Vitamin A 20%	Vitamin C 4%
Calcium 2%	Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 Carbohydrate 4 Protein 4

Baked Potato

Nutrition Facts

Serving Size 1 medium (148g)

Amount Per Serving	
Calories 110	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 26g	9%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 3g	

Vitamin A 0%	Vitamin C 45%
Calcium 2%	Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 Carbohydrate 4 Protein 4

Sweet Potato

Nutrition Facts

Serving Size 1 medium, 5" long, 2" diam. (130g)

Amount Per Serving	
Calories 100	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 70mg	3%
Total Carbohydrate 23g	8%
Dietary Fiber 4g	16%
Sugars 7g	
Protein 2g	

Vitamin A 120%	Vitamin C 30%
Calcium 4%	Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 Carbohydrate 4 Protein 4

Broccoli

Nutrition Facts

Serving Size 1 medium stalk (148g)

Amount Per Serving	
Calories 45	Calories from Fat 0
	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 80mg	3%
Total Carbohydrate 8g	3%
Dietary Fiber 3g	12%
Sugars 2g	
Protein 4g	

Vitamin A 6%	Vitamin C 220%
Calcium 6%	Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 Carbohydrate 4 Protein 4

Bell Pepper

Nutrition Facts

Serving Size 1 medium pepper (148g)

Amount Per Serving	
Calories 25	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 40mg	2%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	8%
Sugars 4g	
Protein 1g	

Vitamin A 4%	Vitamin C 190%
Calcium 2%	Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 Carbohydrate 4 Protein 4

Build a Better Burger Activity

Build a Better Burger Health Fair Activity

Prepared by

Judith Saenz, Williamson County, EA-BLT

&

Madelena Johnson, Williamson County, CEA-FCS

Items needed:

1. One or more copies of the Estimated Calorie Needs per Day chart and Health Consequences of Overweight and Obesity poster, and BMI Table (laminated and in color for future use). You can post these on your health fair booth wall and/or also have a couple on hand to reference during this activity.
2. Several copies of the Build a Better Burger Order Form worksheet for participants to use during this activity. There are two worksheets per sheet in order to minimize paper usage. Just cut in half vertically in order to get two worksheets per sheet.
3. Pencils or pens for participants to write on the worksheets. You may want to tape flags, flowers, streamers, etc. on your writing instruments so that participants are less likely to walk away with them.
4. One or more cheap calculators like the kind you can purchase at a dollar store. You may also want to tape something conspicuous to your calculators so that participants are reminded to leave the calculators at your booth.
5. One or more clipboards to make writing easier for participants during this activity. You can also attach a calculator and a writing instrument to each clipboard with a lanyard or durable string, thus providing a better experience for participants and increasing your chances of keeping all of your gear at the end of the health fair.
6. Laminated color pictures of food items with nutrition facts labels found in Bun, Patty, Vegetables, and Extras PDF documents.

Instructions:

Have participants take a Build a Better Burger Order Form worksheet and have them follow the directions on the worksheet.

The goals of this activity are to:

1.) encourage participants to build a burger lower in fat and calories

2.) help participants become aware of the fat content in the foods they choose by reading the Nutrition Facts Labels.

For the calorie and fat analysis, you may reference the Estimated Calorie Needs per Day chart to get a participant's estimated daily calorie need. Divide the total calories in the burger by the estimated daily calorie need and then multiply by 100 to get the "% of my daily calories." To get the grams of fat/day, multiply the estimated calorie need by the fat percentage found in Table 2-4, Recommended Macronutrient Proportions by Age, and then divide by 9. The table shows that Adults should get 20-35% of their daily calories from fat. If you choose the maximum, 35%, that translates to 0.35. For example, for a 47-year old active female, you would multiply 2200 by 0.35 and then divide by 9 resulting in 86 grams of fat/day, rounded to the nearest whole number. Divide the total fat in the burger by the grams of fat/day and then multiply by 100 to get the "% of my maximum fat allowance." Shade the bars below each % amount to visually represent the amount. For example, 70% would look like this:

TABLE 2-3. Estimated Calorie Needs per Day by Age, Gender, and Physical Activity Level[a]

Estimated amounts of calories needed to maintain calorie balance for various gender and age groups at three different levels of physical activity. The estimates are rounded to the nearest 200 calories. An individual's calorie needs may be higher or lower than these average estimates.

		Physical Activity Level[b]		
Gender	**Age (years)**	**Sedentary**	**Moderately Active**	**Active**
Child (female and male)	2–3	1,000–1,200[c]	1,000–1,400[c]	1,000–1,400[c]
Female[d]	4–8	1,200–1,400	1,400–1,600	1,400–1,800
	9–13	1,400–1,600	1,600–2,000	1,800–2,200
	14–18	1,800	2,000	2,400
	19–30	1,800–2,000	2,000–2,200	2,400
	31–50	1,800	2,000	2,200
	51+	1,600	1,800	2,000–2,200
Male	4–8	1,200–1,400	1,400–1,600	1,600–2,000
	9–13	1,600–2,000	1,800–2,200	2,000–2,600
	14–18	2,000–2,400	2,400–2,800	2,800–3,200
	19–30	2,400–2,600	2,600–2,800	3,000
	31–50	2,200–2,400	2,400–2,600	2,800–3,000
	51+	2,000–2,200	2,200–2,400	2,400–2,800

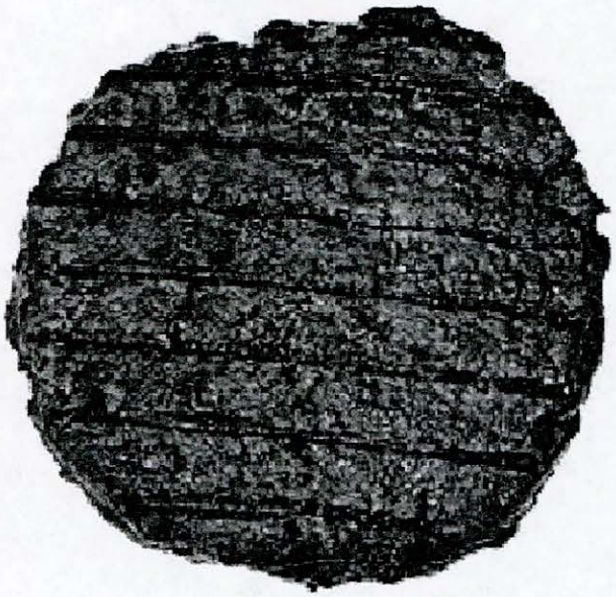
a. Based on Estimated Energy Requirements (EER) equations, using reference heights (average) and reference weights (healthy) for each age/gender group. For children and adolescents, reference height and weight vary. For adults, the reference man is 5 feet 10 inches tall and weighs 154 pounds. The reference woman is 5 feet 4 inches tall and weighs 126 pounds. EER equations are from the Institute of Medicine. Dietary Reference Intakes for Energy, Carbohydrate, Fiber, Fat, Fatty Acids, Cholesterol, Protein, and Amino Acids. Washington (DC): The National Academies Press; 2002.
b. Sedentary means a lifestyle that includes only the light physical activity associated with typical day-to-day life. Moderately active means a lifestyle that includes physical activity equivalent to walking about 1.5 to 3 miles per day at 3 to 4 miles per hour, in addition to the light physical activity associated with typical day-to-day life. Active means a lifestyle that includes physical activity equivalent to walking more than 3 miles per day at 3 to 4 miles per hour, in addition to the light physical activity associated with typical day-to-day life.
c. The calorie ranges shown are to accommodate needs of different ages within the group. For children and adolescents, more calories are needed at older ages. For adults, fewer calories are needed at older ages.
d. Estimates for females do not include women who are pregnant or breastfeeding.

TABLE 2-4. Recommended Macronutrient Proportions by Age

	Carbohydrate	Protein	Fat
Young children (1–3 years)	45–65%	5–20%	30–40%
Older children and adolescents (4–18 years)	45–65%	10–30%	25–35%
Adults (19 years and older)	45–65%	10–35%	20–35%

Source: Institute of Medicine. Dietary Reference Intakes for Energy, Carbohydrate, Fiber, Fat, Fatty Acids, Cholesterol, Protein, and Amino Acids. Washington (DC): The National Academies Press; 2002.

Source: USDA. ***Dietary Guidelines for Americans, 2010*** (Released 1/31/11) pp. 14-15



Hamburger Patty

95% Lean Ground Beef

(3 oz cooked)

Nutrition Facts

Serving Size 85 g

Amount Per Serving	
Calories 139	Calories from Fat 46
	% Daily Value*
Total Fat 5g	8%
Saturated Fat 2g	11%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 60mg	3%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 22g	

Vitamin A	0%	• Vitamin C	0%
Calcium	1%	• Iron	13%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Hamburger Patty

90% Lean Ground Beef

(3 oz cooked)

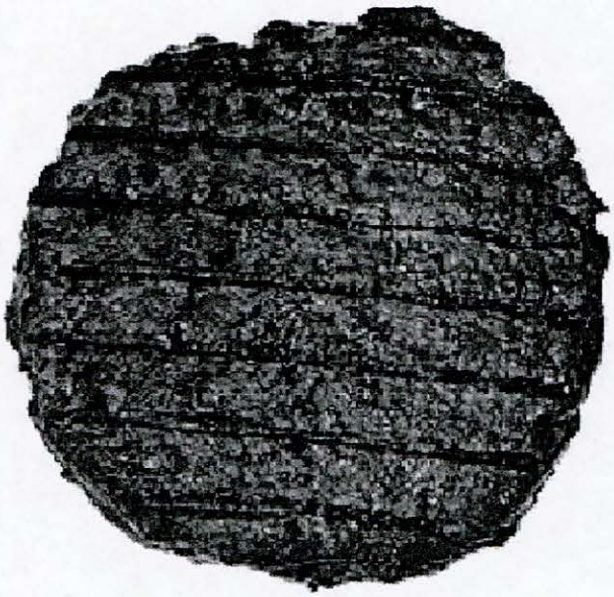
Nutrition Facts

Serving Size 85 g

Amount Per Serving	
Calories 173	Calories from Fat 82
	% Daily Value*
Total Fat 9g	14%
Saturated Fat 4g	18%
Trans Fat 1g	
Cholesterol 70mg	23%
Sodium 64mg	3%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 21g	

Vitamin A	0%	• Vitamin C	0%
Calcium	1%	• Iron	13%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.



Hamburger Patty

85% Lean Ground Beef

(3 oz cooked)

Nutrition Facts

Serving Size 85 g

Amount Per Serving	
Calories 197	Calories from Fat 108
	% Daily Value*
Total Fat 12g	18%
Saturated Fat 5g	23%
Trans Fat 1g	
Cholesterol 73mg	24%
Sodium 67mg	3%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 21g	
Vitamin A 0% • Vitamin C	0%
Calcium 2% • Iron	13%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Hamburger Patty

80% Lean Ground Beef

(3 oz cooked)

Nutrition Facts

Serving Size 85 g

Amount Per Serving	
Calories 209	Calories from Fat 122
	% Daily Value*
Total Fat 14g	21%
Saturated Fat 5g	26%
Trans Fat 1g	
Cholesterol 73mg	24%
Sodium 71mg	3%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 20g	

Vitamin A	0%	• Vitamin C	0%
Calcium	2%	• Iron	12%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Hamburger Patty

75% Lean Ground Beef

(3 oz cooked)

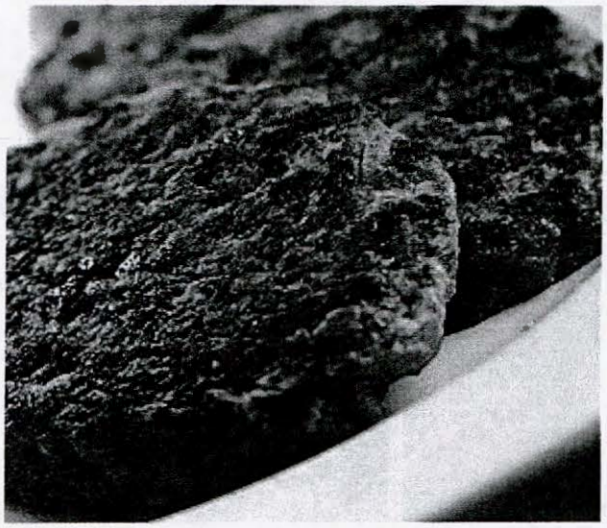
Nutrition Facts

Serving Size 85 g

Amount Per Serving	
Calories 211	Calories from Fat 126
	% Daily Value*
Total Fat 14g	22%
Saturated Fat 5g	27%
Trans Fat 1g	
Cholesterol 71mg	24%
Sodium 74mg	3%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 20g	

Vitamin A	0%	• Vitamin C	0%
Calcium	3%	• Iron	12%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.



Vegetarian Patty

Soy Burger

(2.5 oz cooked)

Nutrition Facts

Serving Size 71 g

Amount Per Serving	
Calories 98	Calories from Fat 14
	% Daily Value*
Total Fat 2g	2%
Saturated Fat 0g	1%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 457mg	19%
Total Carbohydrate 8g	3%
Dietary Fiber 4g	16%
Sugars 1g	
Protein 13g	

Vitamin A	0%	• Vitamin C	0%
Calcium	2%	• Iron	11%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Build a Better Burger Order Form

Directions:

1. Choose a bun.
2. Choose one or two patties.
3. Choose as many vegetables as you like.
4. Choose any extras that you may want.

Create a burger by filling out the order form below. Be sure to write the calories and fat content for each item you choose. Calculate the TOTAL Fat and TOTAL Calories for your creation.

Description	Fat(g)	Calories
Bun:		
Patty:		
Vegetables:		
Extras:		
TOTAL		

Calorie and Fat Analysis										
The estimated daily calorie need for me is: calories/day										
This burger represents % of my daily calories.										
The USDA recommends that I eat no more than grams of fat/day.										
This burger represents % of my maximum daily fat allowance.										

Questions to consider:

1. Did the number of calories in your burger surprise you?
2. What do you think about the amount of fat in your burger?

Build a Better Burger Order Form

Directions:

5. Choose a bun.
6. Choose one or two patties.
7. Choose as many vegetables as you like.
8. Choose any extras that you may want.

Create a burger by filling out the order form below. Be sure to write the calories and fat content for each item you choose. Calculate the TOTAL Fat and TOTAL Calories for your creation.

Description	Fat(g)	Calories
Bun:		
Patty:		
Vegetables:		
Extras:		
TOTAL		

Calorie and Fat Analysis										
The estimated daily calorie need for me is: calories/day										
This burger represents % of my daily calories.										
The USDA recommends that I eat no more than grams of fat/day.										
This burger represents % of my maximum daily fat allowance.										

Questions to consider:

3. Did the number of calories in your burger surprise you?
4. What do you think about the amount of fat in your burger?

Hamburger Bun (2 oz.)

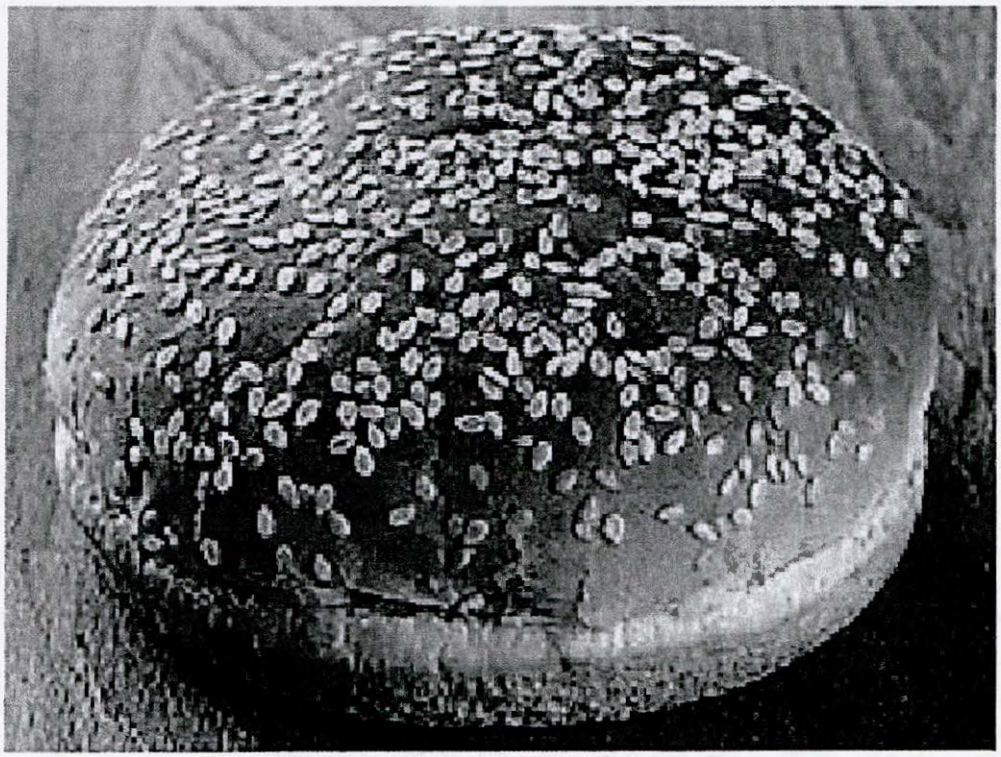
Nutrition Facts

Serving Size 1 ounce (28g)

Amount Per Serving	
Calories 78	Calories from Fat 11
	% Daily Value*
Total Fat 1g	2%
Saturated Fat 0g	2%
Trans Fat	
Cholesterol 0mg	0%
Sodium 134mg	6%
Total Carbohydrate 14g	5%
Dietary Fiber 1g	2%
Sugars 2g	
Protein 3g	

Vitamin A	0%	Vitamin C	0%
Calcium	4%	Iron	5%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.



Hamburger Bun (4 oz.)

Nutrition Facts

Serving Size 1 ounce (28g)

Amount Per Serving	
Calories 78	Calories from Fat 11
	% Daily Value*
Total Fat 1g	2%
Saturated Fat 0g	2%
Trans Fat	
Cholesterol 0mg	0%
Sodium 134mg	6%
Total Carbohydrate 14g	5%
Dietary Fiber 1g	2%
Sugars 2g	
Protein 3g	
Vitamin A 0% • Vitamin C	0%
Calcium 4% • Iron	5%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Whole Wheat
Hamburger Bun (2 oz.)

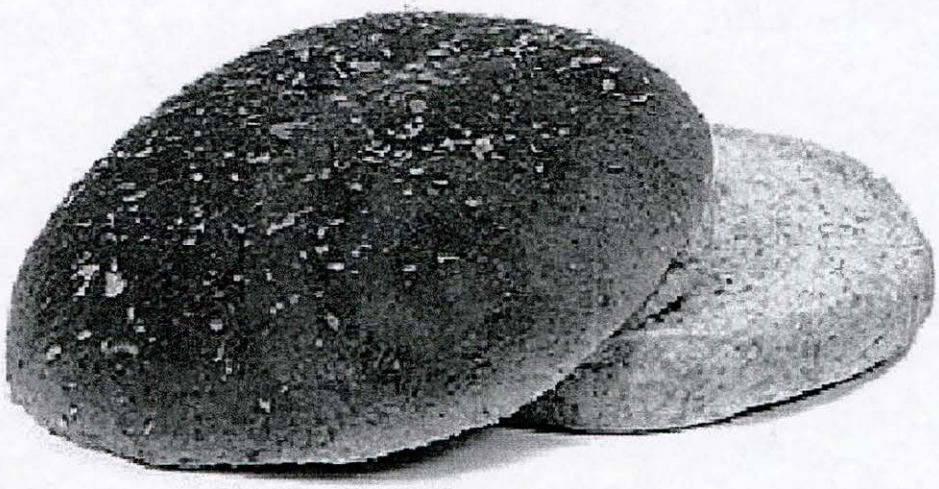
Nutrition Facts

Serving Size 1 ounce (28g)

Amount Per Serving	
Calories 74	Calories from Fat 12
	% Daily Value*
Total Fat 1g	2%
Saturated Fat 0g	1%
Trans Fat	
Cholesterol 0mg	0%
Sodium 134mg	6%
Total Carbohydrate 14g	5%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 2g	

Vitamin A	0%	• Vitamin C	0%
Calcium	3%	• Iron	4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.



Whole Wheat
Hamburger Bun (4 oz.)

Nutrition Facts

Serving Size 1 ounce (28g)

Amount Per Serving	
Calories 74	Calories from Fat 12
	% Daily Value*
Total Fat 1g	2%
Saturated Fat 0g	1%
Trans Fat	
Cholesterol 0mg	0%
Sodium 134mg	6%
Total Carbohydrate 14g	5%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 2g	

Vitamin A	0%	• Vitamin C	0%
Calcium	3%	• Iron	4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Health Consequences of Overweight and Obesity

Research has shown that as weight increases to reach the levels referred to as "overweight" and "obesity,"* the risks for the following conditions also increase:

- **Coronary heart disease**
- **Type 2 diabetes**
- **Cancer** (endometrial, breast, and colon)
- **Hypertension** (high blood pressure)
- **Dyslipidemia** (for example, high total cholesterol or high levels of triglycerides)
- **Stroke**
- **Liver and Gallbladder disease**
- **Sleep apnea and respiratory problems**
- **Osteoarthritis** (a degeneration of cartilage and its underlying bone within a joint)
- **Gynecological problems** (abnormal menses, infertility)

*Overweight is defined as a body mass index (BMI) of 25 or higher; obesity is defined as a BMI of 30 or higher.

Source: NIH, NHLBI Obesity Education Initiative. *Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults.*

Reading Food Labels Activity

Reading Labels Health Fair Activity

Prepared by:
Chelsea Stevens, Bell County, CEA-FCS
&
Laura Campos, Bell County, PA-BLT

Supplies Needed:

- Guess who I am food label, picture of food product (macaroni and cheese) and copy of guessing options.
- 11x16 Nutrition Claims poster
- An assortment of empty containers of low sodium, low calorie, low sugar, and low fat products.
- MyPlate Calorie Wheel available for participants to estimate their calorie needs.
- Optional Print: the MyPersonalPlate from eatsmart.org and pencils

Activity:

- Invite participants to find out their calorie level by using the provided calorie wheel and allow them to write it down on the MyPersonalPlate handout.
- Ask participants to review the food label and have then guess what the item is based off the options given. Once they have guessed, either give the correct answer or congratulate them for getting it right! Proceed by showing them the 4 parts of the nutrition label. Discuss the calorie needs for the average American.
- Ask participants how can they make the Macaroni and Cheese healthier?

Background Information:

Look at the serving size and how many servings you're really consuming. If you double the servings you eat, you double the calories and nutrients, including the Percent Daily Value (% DV).

Remember, you need to limit your total fat to no more than 56–78 grams a day — including no more than 16 grams of saturated fat, less than two grams of trans fat, and less than 300 mg cholesterol (for a 2,000 calorie diet).

Here are more tips for getting as much health information as possible from the Nutrition Facts label:

- Remember that the information shown in these panels is based on 2,000 calories a day. You may need to consume less or more than 2,000 calories depending upon your age, gender, activity level, and whether you're trying to lose, gain or maintain your weight.
- In general, as you think about the amount of calories in a food per serving, remember that for a 2,000-calorie diet:
    - o 40 calories per serving is considered low;
    - o 100 calories per serving is considered moderate; and
    - o 400 calories or more per serving is considered high.
- There is no % DV shown for trans fat on the panel because the U.S. Food and Drug Administration (FDA) does not have enough scientific information to set this value. We recommend eating less than 20 calories or (less than two grams of trans fat) a day – that's less than 1 percent of your total daily calories (for a 2,000-calorie-a-day diet).
- When the Nutrition Facts panel says the food contains "0 g" of fat, it means the food contains less than 0.5 grams of fat **per serving**.
- When the Nutrition Facts label says a food contains "0 g" of fat, but includes "partially hydrogenated oil" in the ingredient list, it means the food contains trans fat, but less than 0.5 grams of trans fat per serving. So, if you eat more than one serving, you could quickly reach your daily limit of trans fat.

Guess What I Am?

Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving

Calories 250 Calories from Fat 110

	% Daily Value*
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Guessing Options

Macaroni and Cheese

Pizza

Spaghetti and Meatballs

Chili

Guess What I Am?

Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving

Calories 250 Calories from Fat 110

	% Daily Value*
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Guessing Options

Macaroni and Cheese

Pizza

Spaghetti and Meatballs

Chili

My**Personal**Plate

Refer to the "MyPlate Wheel" to find your age and activity level.
(Male guidelines are on the blue side, female on the green side)

My Name:

My Age:

My Activity Level:

I = INACTIVE = less than 30 minutes a day of moderate physical activity in addition to daily activities.

M = MODERATE = 30 to 60 minutes a day of moderate physical activity in addition to daily activities.

A = ACTIVE = over 60 minutes a day of moderate physical activity in addition to daily activities.

My Daily Calorie Level:

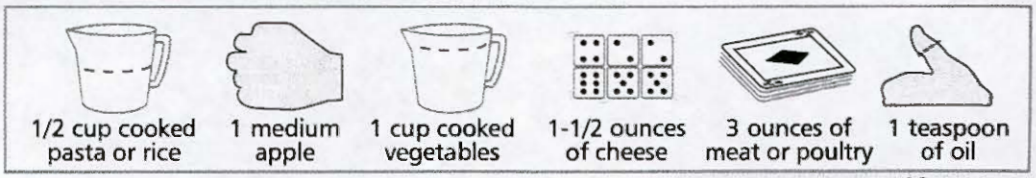
My Daily Food Guide:

Grains		ounces
Vegetables		cups
Fruits		cups
Dairy		cups
Protein Foods		ounces
Oils		teaspoons
Extras		calories

Extra Calories - These calories are the "extras" that can be used within a specific calorie level on luxuries like solid fats, added sugars, and alcohol, or on extra servings from any food group.

For more information go to www.ChooseMyPlate.gov and www.EatSmart.org

Serving Size Guide:



Washington State DAIRY COUNCIL
The Nutrition Education People

10 **Tips** to a great plate

Making food choices for a healthy lifestyle can be as simple as using these 10 Tips. Use the ideas in this list to balance your calories, to choose foods to eat more often and to cut back on foods to eat less often.

1 balance calories

Find out how many calories YOU need for a day as a first step in managing your weight. Go to www.ChooseMyPlate.gov to find your calorie level. Being physically active also helps you balance calories.

2 enjoy your food, but eat less

Take the time to fully enjoy your food as you eat it. Eating too fast or when your attention is elsewhere may lead to eating too many calories. Pay attention to hunger and fullness cues before, during, and after meals. Use them to recognize when to eat and when you've had enough.

3 avoid oversized portions

Use a smaller plate bowl, and glass. Portion out foods before you eat. When eating out, choose a smaller size option, share a dish, or take home part of your meal.

4 foods to eat more often

Eat more vegetables, fruits, whole grains, fat-free or 1% milk and dairy products. These foods have the nutrients you need for health -- including potassium, calcium, vitamin D, and fiber. Make them the basis for meals and snacks.

5 make half your plate fruits & vegetables

Choose red, orange, and dark green vegetables like tomatoes, sweet potatoes, and broccoli along with other vegetables for your meals. Add fruit to meals as part of main or side dishes or as dessert.

6 switch to fat-free or low-fat (1%) milk

They have the same amount of calcium ad other essential nutrients as whole milk, but fewer calories and less saturated fat.

7 make half your grains whole grains

To eat more whole grains, substitute a whole-grain product for a refined product -- such as eating whole wheat bread instead of white bread or brown rice instead of white rice.

8 foods to eat less often

Cut back on foods high in solid fats, added sugars, and salt. They include cakes, cookies, ice cream, candies, sweetened drinks, pizza, and fatty meats like ribs, sausages, bacon, and hot dogs. Use these foods as occasional treats, not every day foods.

9 compare sodium in foods

Use the Nutrition Facts label to choose lower sodium versions of foods like soup, bread, and frozen meals. Select canned foods labeled "low sodium," "reduced sodium," or "no salt added".

10 drink water instead of sugary drinks

Cut calories by drinking water or unsweetened beverages. Soda, energy drinks, and sports drinks are a major source of added sugar, and calories in American diets.

USDA Center for Nutrition Policy and Promotion

Go to www.ChooseMyPlate.gov or www.eatsmart.org for more information

Nutrition Claim
Calorie Free
Sugar free
Fat free
Low Fat
Reduced Fat
Lean
Extra Lean

What the product contains per serving

Less than 5 calories

Less that 0.5 grams of sugar

Less than 0.5 grams of fat

3 grams of fat or less

At least 25% less fat than the regular

Less than 10 grams of fat, 4.5 grams of saturated fat, and 95 milligrams of cholesterol

Less than 5 grams of fat, 2 grams of

Light (lite)

Low sodium

Reduced sodium

High Fiber

Good Source of Fiber

saturated fat,
95 milligrams of cholesterol

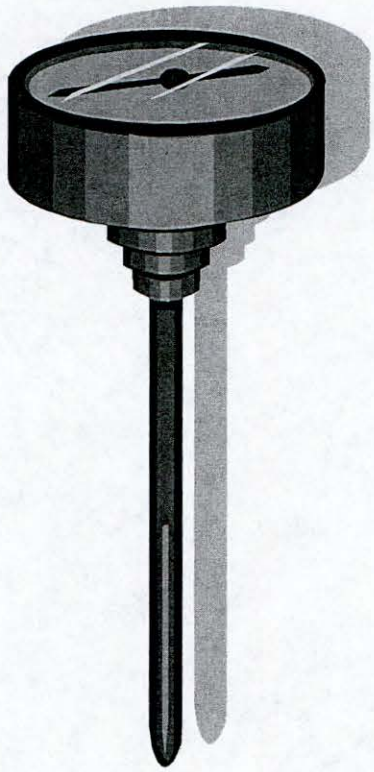
At least 1/3 fewer calories or no more than
half of the fat of the regular product,
or no more than half the sodium of the regular product

140 milligrams or less of sodium

At least 25% less sodium than the original product

5 grams or more of fiber

2.5-4.9 grams of fiber



Food Safety Activities

Food Safety Health Fair Activities

Prepared by:

Liz Buckner McKinney, Rusk CEA-FCS

&

Louraiseal D. McDonald, Harrison CEA-FCS

Activity 1: Food Safety Display/Jeopardy

Supplies Needed:

- **Signs/Letters** - Create signs/letters for display board title, title of each column, each question/answer
- **Display Board** - Heading on display board shall read: "What are the Four C's of Food Safety?" Underneath title will be four columns: Clean, Cook, Chill, and Don't Cross Contaminate.
- **Optional:** Play Dr. Carl Winters' food safety CD, *Stayin Alive*. (Play CD to encourage individuals to visit exhibit).
- **Optional:** Fighbac: Fight Foodborne Bacteria handout (www.fightbac.org)

Food Safety Jeopardy Instructions/Information

- Questions and answers for each topic (Clean, Cook, Chill, and Don't Contaminate) are as follows:

  <u>Clean</u>
  How long should you wash your hands?
  20 seconds
  What song should you sing when you wash your hands?
  ABC song
  When should you wash your hands?
  Before and after preparing food; handling money; playing with a pet
  What is the difference between cleaning and sanitizing?
  Cleaning is the removal of visible dirt and particles from a surface, sanitizing is the reduction of harmful microorganisms from a clean surface
  Is there a substitute for hand-washing?
  No

  <u>Cook</u>
  To what temperature do you reheat leftovers?
  165°F

True or False: It is okay to leave food out at room temperature for more than two hours.

False

True or False: It is okay to taste test cookie dough.

False

Food thermometers are calibrated when you purchase them.

No

At what temperature do food poisoning bacteria multiply the quickest?

Danger Zone (40°F to 140°F)

Chill

Should I refrigerate perishable foods with two hours of purchase?

Yes

True or False: It is not okay to thaw food on the counter.

True

What is the best way to thaw food?

In the refrigerator

I can safely rely on my sense of taste and smell to determine if a food item is safe to eat.

No

Will partial thawing and refreezing affect the quality of some food items?

Yes

Don't Cross Contaminate

True or False: It is okay to use the same cutting board for raw meats and vegetables.

False

Should I keep raw meats separate from vegetables in the grocery cart?

Yes

True or False: It is okay to store raw meats and fruits beside each other in the refrigerator.

False

Should I use a clean plate to place cooked chicken breast?

Yes

True or False: Always keeps seafood separated from ready-to-eat foods.

True

Additional Background Information:

Did you know that one in six Americans will get sick from food poisoning this year alone?

consequences. But, following four simple steps can help keep your family safe from food poisoning at home: Clean, Cook, Chill, and Don't Cross Contaminate.

For more information visit www.foodsafety.gov, www.fightbac.org and http://carlwinter.com/the-music/.

Activity 2: Hand Washing Activity – Glowing Hands

Supplies Needed:

- "Glow germ" (e.g. Glitter Bug potion)
- Black light
- Hand washing facilities

Glowing Hands Instructions

1. Ask for 3 volunteers.
2. Have the 3 volunteers rub the "glow germ" lotion on their hands. Tell participants that this cream represents "bacteria" that are present on our hands.
3. Turn off lights in the room and pass the black light over each volunteer's hands, showing the audience the "bacteria" on each of the participant's hands.
4. For each of the volunteers:
   - Volunteer 1: Instruct the volunteer to wash his/her hands by rinsing them with water but no soap.
   - Volunteer 2: Instruct the volunteer to wash his/her hands briefly with soap and water for no more than 5 seconds.
   - Volunteer 3: Instruct the volunteer to wash his/her hands using the proper hand washing method. Also, have them thoroughly dry their hands with a paper towel.
5. After the participants finish the activity, move the black light over each of the volunteer's hands. Have the audience compare the difference in the amount of "bacteria" each of the volunteer's hands.
6. If time permits, allow the two volunteers who did not properly wash their hands to wash them again, this time following proper hand washing procedure. Check their hands under the black light to determine if there is less "bacteria" when they followed proper hand washing procedure.

Discussion Questions:

1. Can rinsing with water effectively remove bacteria from hands?
2. Why do you think it is so important to wash hands and exposed portions of arms with soap and water for a full 20 seconds?

If you do not have glow germ lotion, it may be ordered from:

Brevis Corporation
225 West 2855 South
Salt Lake City, UT 84115
801-466-6677
http://www.brevis.com

Glo Germ
P.O. Box 189
Moab, Utah 84532
800-842-6622
http://www.glogerm.com

Background Information:
Illness-causing bacteria can survive in many places around your kitchen, including your hands, utensils, and cutting boards. Unless you wash your hands, utensils, and surfaces the right way, you could spread bacteria to your food, and your family.

For more information visit www.foodsafety.gov

Activity 3: Hand Washing Skit

Supplies Needed:

- Puppet
- Puppet Stage
- Another person to play the role of Germsy, maybe a 4-H member who is enrolled in the Communication and Expressive Arts project or Food & Nutrition project

Hand Washing Skit Information

Germsy

(Adapted from Debbie Hailey, Jones CEA-FCS-"Germsy for Kindergarten & Pre-K")

A=Agent
G=Germsy, the Germ

A-Hi! I'm Louraiseal McDonald, the Harrison County Family & Consumer Sciences Agent!
G-Hi! I'm Germsy. I'm a germ and I make people SICK!
A-Germsy, I really don't want you here at 1st Methodist Day Care. I don't want the students and teachers to be sick. Go Away!
G-Ok. I'm going to go hide.
A-Hide? Where?

G-Don't tell anybody, but I have great hiding places at your school and home. When I hide, people can't see me, so I can bring all my friends, millions of them. We get together and make people sick.

A-So, where do you plan to hide?

G-First of all, I hide on people's hands. You wouldn't believe how many of us germs can hide on a hand. Hee, Hee, Hee!

A-But, I wash my hand, ALL THE TIME!

G-Oh, no! Wash them?

A-Yes! With warm water and soap. Lots of times every day, for at least 20 seconds. I wash my hands inside, outside and in between the fingers. I scrubs my fingernails all clean and wash my wrists. I wash them before I eat or prepare food. I wash them after I use the restroom, or touch a pet or my hair. I'll wash after I cough or sneeze or blow my nose.

G-RATS! You don't even give me a chance. That gives me another idea. I can run around with the rats and roaches! They carry me and my friends all over the place, especially around food, and, kids, ya'll just leave your candy wrappers and soda cans and dirty dishes all over the house and classroom. Drop some crumbs under your beds and leave a trail along the floor. That way the roaches and we, germs, can find our way to the real party where you leave food in your rooms and in the weirdest places. We love watching people scream when they see Bugs and Rats!

A-Yuck! Germsy, you're teaching these kids bad habits. Don't listen to him, kids. He'll make you sick, that way. We don't want all those mice and roaches and ants around our classroom and homes, do we? Don't give them a chance to hang around, either. Ask your parents to use household insect spray around your house regularly to keep insects and rodents from even coming in.

A-You're sick, Germsy! SICK!!! Get out of here!

G-Ok! Ok! But I think I see a sneeze coming on. I know where to go. Hide the tissues!

A-Oh, no, you little rascal... (Grab a tissue.) Ah-coo!! (Sneeze into tissue and put tissue in the trash can.) We don't spread sneeze or cough germs at my house. We keep tissues handy to cover our cough or sneeze, and never put your finger in your nose. Use a tissue if needed. And we put the tissues in the trash right away. If we cough when a tissue is not handy, we cough into the inside of our elbow. That way no germs get on our hands. And we don't cough or sneeze on the food. We wash our hands a lot with warm water and soap.

G- You're not giving me a chance to make anybody sick. It's not fair!

A-You're the one that's not fair. Just go away and leave us alone. We don't want you to make us sick. We're going to be very careful to not let you make us sick. Aren't we kids?

(Germsy goes around the agent's back and peeks around.)

A-Thank you for letting Germsy and I entertain you. Have a nice day and keep those germs away!

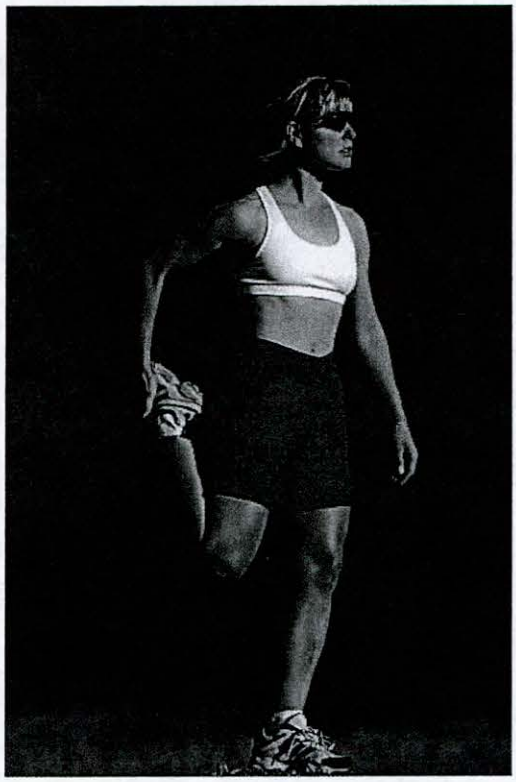
Review Information:

- Germs make you sick? (yes)
- Do germs hide? (yes)
- What do you use to wash your hands? (warm water and soap)
- How long should you wash your hands? (20 seconds)
- What should you use when you sneeze? (a tissue)

Background Information:

Keeping hands clean is one of the best ways to prevent the spread of infection and illness. Hand washing is easy to do and it's one of the most effective ways to prevent the spread of many types of infection and illness in all settings—from your home and workplace to child care facilities and hospitals. Clean hands can stop germs from spreading from one person to another and throughout an entire community. Washing hands with soap and water is the best way to reduce the number of germs on them. If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol. Alcohol-based hand sanitizers can quickly reduce the number of germs on hands in some situations, but sanitizers do **not** eliminate all types of germs.

For more information visit http://www.cdc.gov/features/handwashing/



Physical Fitness Activity

Physical Activity Game for a Health Fair

Prepared by:

Tiffany Colbert, Tarrant County, EA-CEP (FCS)

Supplies Needed:

- Food cards with a picture of food item on the front and the amount of calories on the back of the card.
- Physical activity chart that includes the number of calories burned with different exercises.
- Calories burned chart
- Optional: MyPlate calorie wheel to determine how many calories are needed for each participant.
- Optional: Explorers are active worksheet for kids
- Optional: Physical activity pledge sheet for kids

Activity:

- Have participants try and guess how many calories are in different foods and then have them guess how much exercise it would take for them to burn off those calories.
- The calorie wheel can help participants understand how many calories are needed in a day for them specifically and compare to how many calories are in certain foods that we eat.
- The physical activity chart can be used to show participants how many calories are burned from their chosen physical activity.

Background information:

- Adults need 30 minutes of moderate physical activity on most days of the week (4 days). Kids need about an hour of exercise every day.
- The 30 minutes does not have to be consecutive minutes.
- Many different activities can go towards your physical activity needs for the day (dancing, hiking, walking dog, swimming, etc.) does not have to be in a gym.

CALORIES BURNED CHART

TO BURN OFF THIS THE TREAT	DO THIS... STAIR STEP MACHINE	OR THIS... STATIONARY BIKE (moderate pace)	OR THIS BRISK WALK (3.5 mph)
Pizza with cheese (1 slice)	15 minutes	20 minutes	36 minutes
Onion rings (9)	30 minutes	38 minutes	71 minutes
Potato chips (1 oz.)	17 minutes	21 minutes	39 minutes
Chocolate shake	29 minutes	37 minutes	68 minutes
White wine (3.5 oz.)	8 minutes	10 minutes	18 minutes
Beer (12 oz.)	16 minutes	20 minutes	38 minutes
Chocolate cake (1 slice)	26 minutes	33 minutes	60 minutes
Apple pie (1 slice)	45 minutes	57 minutes	96 minutes
Blueberry muffin	21 minutes	27 minutes	51 minutes
Snickers bar	30 minutes	38 minutes	70 minutes
Eskimo Pie	18 minutes	23 minutes	43 minutes
Glazed doughnut	33 minutes	42 minutes	78 minutes

The table below lists the calories burned by doing dozens of activities listed by category (such as gym activities, training and sports activities, home repair, etc.) for 30 minutes. In each category, activities are listed from least to most calories burned.

	125 pound person	155 pound person	185 pound person
Gym Activities			
Weight Lifting: general	90	112	133
Aerobics: water	120	149	178
Stretching, Hatha Yoga	120	149	178
Calisthenics: moderate	135	167	200
Riders: general (ie., HealthRider)	150	186	222
Aerobics: low impact	165	205	244
Stair Step Machine: general	180	223	266
Teaching aerobics	180	223	266
Weight Lifting: vigorous	180	223	266
Aerobics, Step: low impact	210	260	311
Aerobics: high impact	210	260	311
Bicycling, Stationery: moderate	210	260	311
Rowing, Stationery: moderate	210	260	311
Calisthenics: vigorous	240	298	355
Circuit Training: general	240	298	355
Rowing, Stationery: vigorous	255	316	377
Elliptical Trainer: general	270	335	400
Ski Machine: general	285	353	422
Aerobics, Step: high impact	300	372	444
Bicycling, Stationery: vigorous	315	391	466
Training and Sport Activities			
Billiards	75	93	111
Bowling	90	112	133
Dancing: slow, waltz, foxtrot	90	112	133
Frisbee	90	112	133
Volleyball: non-competitive, general play	90	112	133
Water Volleyball	90	112	133
Archery: non-hunting	105	130	155
Golf: using cart	105	130	155
Hang Gliding	105	130	155
Curling	120	149	178
Gymnastics: general	120	149	178
Horseback Riding: general	120	149	178

Skiing: cross-country	240	298	355
Snow Shoeing	240	298	355
Swimming: backstroke	240	298	355
Volleyball: beach	240	298	355
Bicycling: BMX or mountain	255	316	377
Boxing: sparring	270	335	400
Football: competitive	270	335	400
Orienteering	270	335	400
Running: 5.2 mph (11.5 min/mile)	270	335	400
Running: cross-country	270	335	400
Bicycling: 14-15.9 mph	300	372	444
Martial Arts: judo, karate, kickbox	300	372	444
Racquetball: competitive	300	372	444
Rope Jumping	300	372	444
Running: 6 mph (10 min/mile)	300	372	444
Swimming: breaststroke	300	372	444
Swimming: laps, vigorous	300	372	444
Swimming: treading, vigorous	300	372	444
Water Polo	300	372	444
Rock Climbing: ascending	330	409	488
Running: 6.7 mph (9 min/mile)	330	409	488
Swimming: butterfly	330	409	488
Swimming: crawl	330	409	488
Bicycling: 16-19 mph	360	446	533
Handball: general	360	446	533
Running: 7.5 mph (8 min/mile)	375	465	555
Running: 8.6 mph (7 min/mile)	435	539	644
Bicycling: > 20 mph	495	614	733
Running: 10 mph (6 min/mile)	495	614	733
Outdoor Activities			
Planting seedlings, shrubs	120	149	178
Raking Lawn	120	149	178
Sacking grass or leaves	120	149	178
Gardening: general	135	167	200
Mowing Lawn: push, power	135	167	200
Operate Snow Blower: walking	135	167	200

Occupational Activities			
Computer Work	41	51	61
Light Office Work	45	56	67
Sitting in Meetings	49	60	72
Desk Work	53	65	78
Sitting in Class	53	65	78
Truck Driving: sitting	60	74	89
Bartending/Server	75	93	111
Heavy Equip. Operator	75	93	111
Police Officer	75	93	111
Theater Work	90	112	133
Welding	90	112	133
Carpentry Work	105	130	155
Coaching Sports	120	149	178
Masseur, standing	120	149	178
Construction, general	165	205	244
Coal Mining	180	223	266
Horse Grooming	180	223	266
Masonry	210	260	311
Forestry, general	240	298	355
Heavy Tools, not power	240	298	355
Steel Mill: general	240	298	355
Firefighting	360	446	533

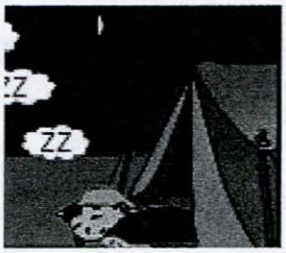
(This table was first printed in the July 2004 issue of the Harvard Heart Letter. *For more information or to order, please go to* ***http://www.health.harvard.edu/heart.****)*

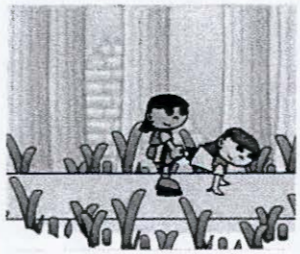
Explorers Are Active Worksheet

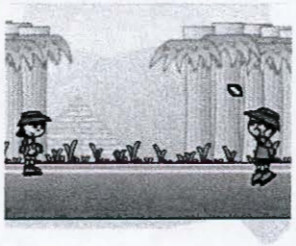
Explorers need to exercise their hearts every day for at least one hour

Write **active** or **not active** under each picture.

not active







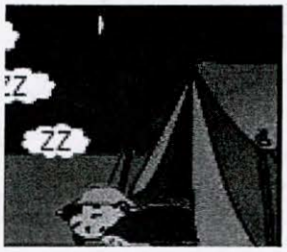
Visit www.ChefSolus.com for printable worksheets for kids, nutrition education games, puzzles, activities and more!

Explorers Are Active Worksheet

Explorers need to exercise their hearts every day for at least one hour
Write **active** or **not active** under each picture.

not active

active



not active

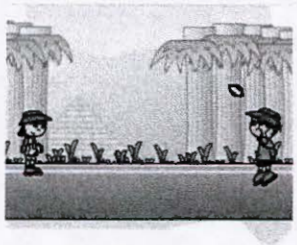
not active

active

active

active

not active



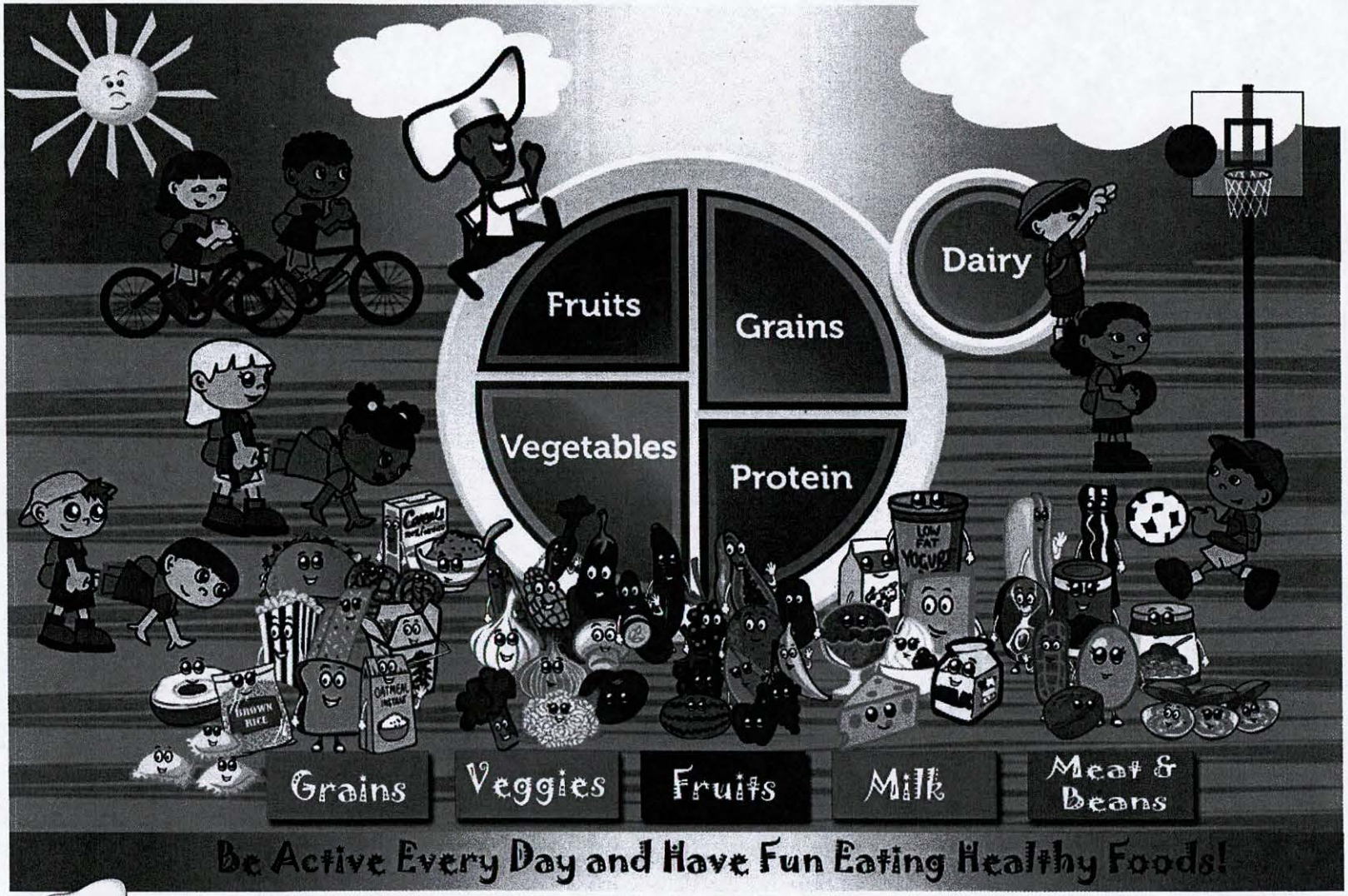
active

active

active

active

The My Plate Fun - Healthy Food and Being Active



Visit www.ChefSolus.com for healthy foods, creating balanced meals and being active, nutrition education games, puzzles, activities and more!

Being Active is Fun

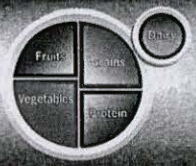
I agree to be a MOVE-IT kid! I will aim for 60 MOVE-IT minutes throughout the day. I know that there are lots of fun ways to Move-It like riding my bike, playing fetch with the dog or even jumping on one leg. Moving and being active burns calories, strengthens muscles and is good for my entire body.

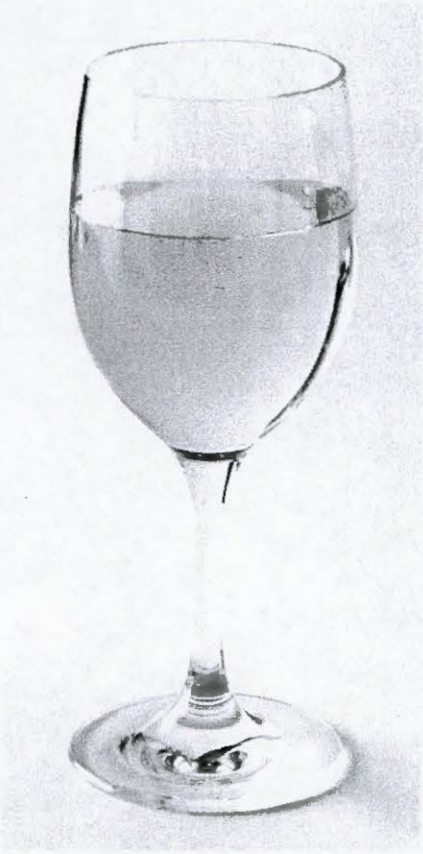
Parent's Name _____

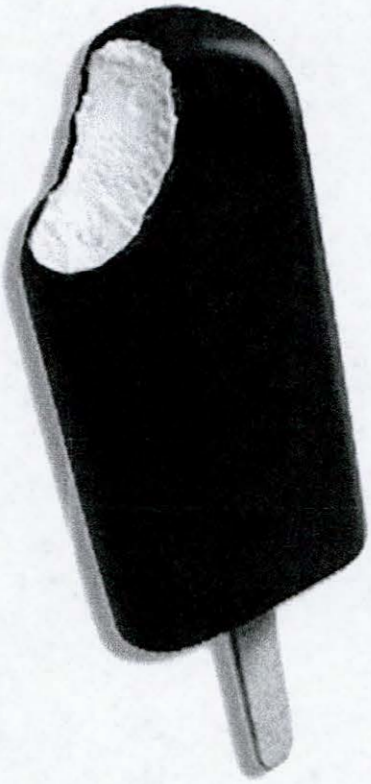
Child's Name _____

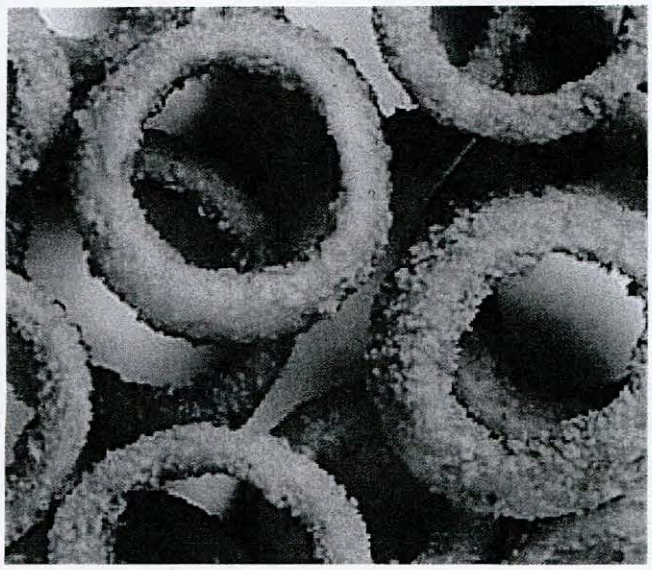
chefSolus.com

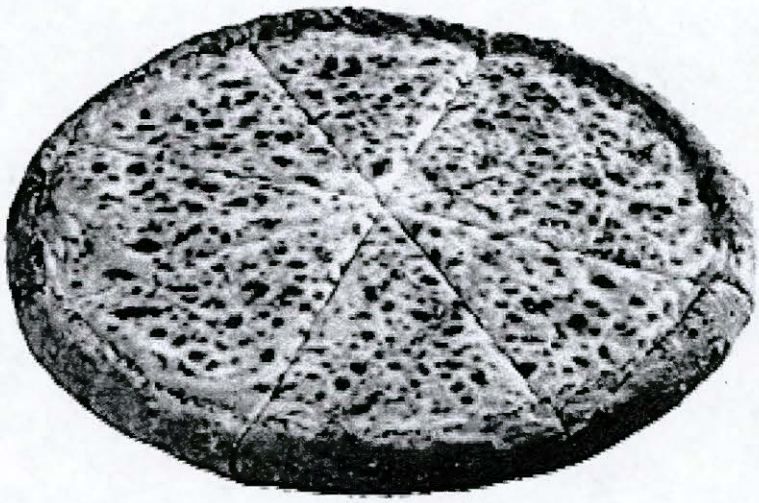
Agreement

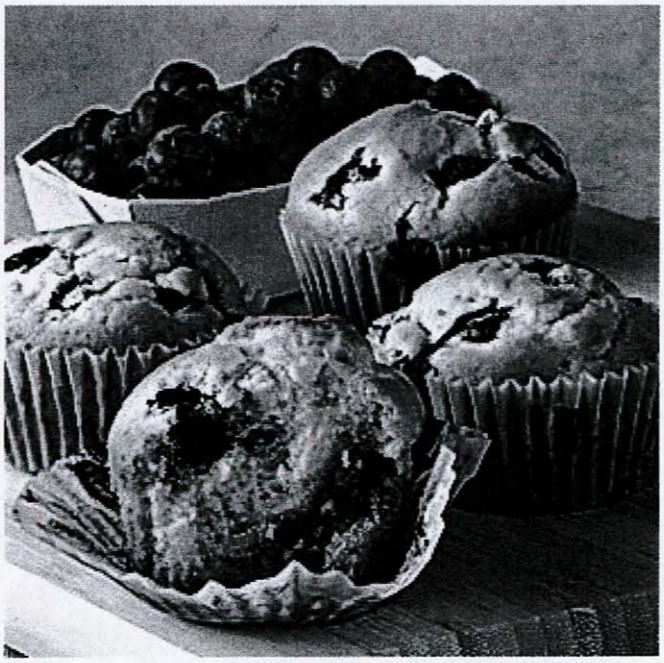













KING SIZE
SNICKERS

Sugar Smart Activity

Be Sugar Smart Activity for a Health Fair

Prepared by

Katie McKearan, Dallas County, EA-BLT

&

Mary Frances Clark, Collin County, Volunteer

Supplies Needed:

- Sugar cubes (1 sugar cube = approx. 1 teaspoon)
- Pictures, empty containers, or food models of food and drink products
- Product display mats
- Informational display pages (2)
- Calculators

- Optional print out: How Much Sugar Does the Average American Eat?
    - Print both pages and create a flip chart.

Activity:

- First we need to convert the amount of sugar in each product from grams to teaspoons (4.2g = 1 teaspoon). So to convert just divide the amount of sugar in the product by 4.2 and that will equal the amount of sugar in teaspoons (don't forget to calculate for appropriate serving size).
    - Refer to product display mats for a list of suggested food and drink products (conversions have already been done for these items). Feel free to include other products of your choosing.
    - It is important to point out that while some of the products have similar amounts of sugar they do not all have the same nutritional values (ie. McDonald's Chocolate Milk Shake & Chocolate Whole Milk).
- Set out the display product pictures, containers, or models on the mats. Also place the appropriate amount of sugar cubes in the spot below the product.
- Place informational display pages on table and point out the maximum amount of sugar the average adult should consume each day.
- Then have participants look at and compare the amount of sugar in the different products.

- Don't forget to point out the difference between the foods with natural sugar and more nutritional value vs. the foods with added sugar and little nutritional value.
- This can also be a time to talk about reading food labels and serving sizes.

Background Information:

Sugar Facts

Sugar is a simple carbohydrate that helps provide a great amount of the body's energy. Sugar can come in several different forms, and vary in degrees of sweetness. Glucose, fructose and galactose are the three most basic forms of sugar; all other sugars are a combination of these three. Glucose is known as blood sugar and is found in nearly all foods containing carbohydrates. Fructose is the sweetest of sugars and often occurs naturally in fruits and honey. It also appears as an added sugar in sodas, cereals, desserts and other products that have been sweetened with high-fructose corn syrup. Fructose is an unregulated sugar and is metabolized directly into fat in the body. Galactose appears as a single sugar in very few foods.

Natural Sugar vs. Added Sugar

Sugar is not all bad; it provides the body with essential energy for function. However, today many popular foods have high sugar contents and low nutritional value. Sugar occurs naturally in many foods including fruits, vegetables and milk; these sugars are called natural sugars. Foods that contain natural sugars are usually high in nutritional value and are good sources of vitamins, minerals and fiber. There are also foods that have added sugar; which is sugar that has been added to foods during processing or preparation. These foods are typically high in sugar and fat and low in nutritional value.

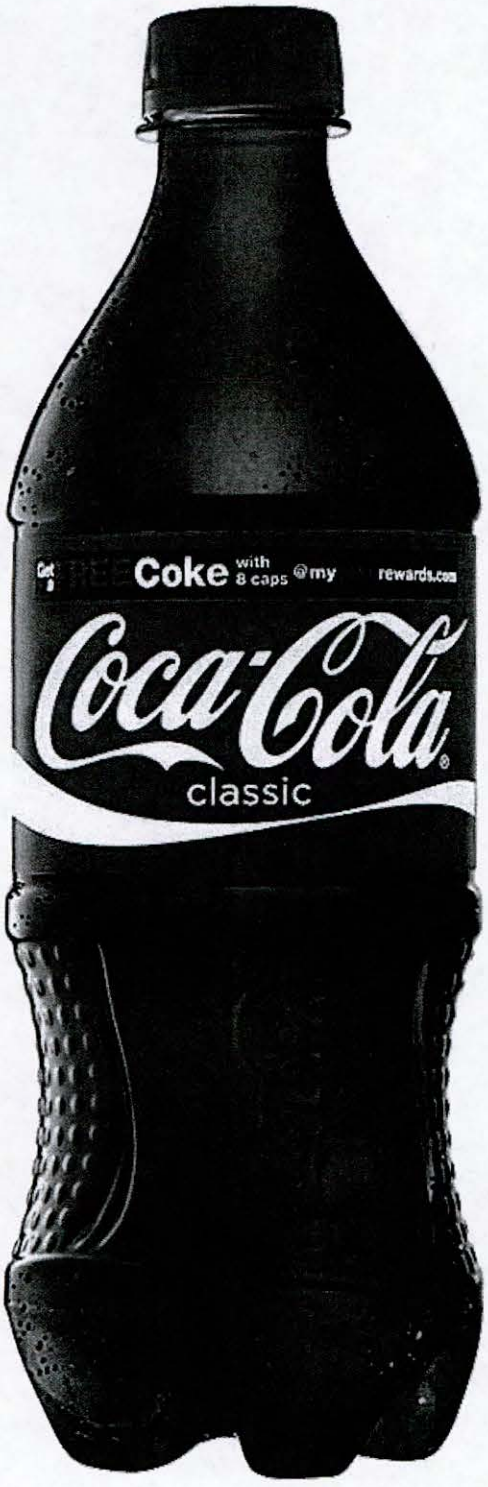
How Does Sugar Affect the Body's Health?

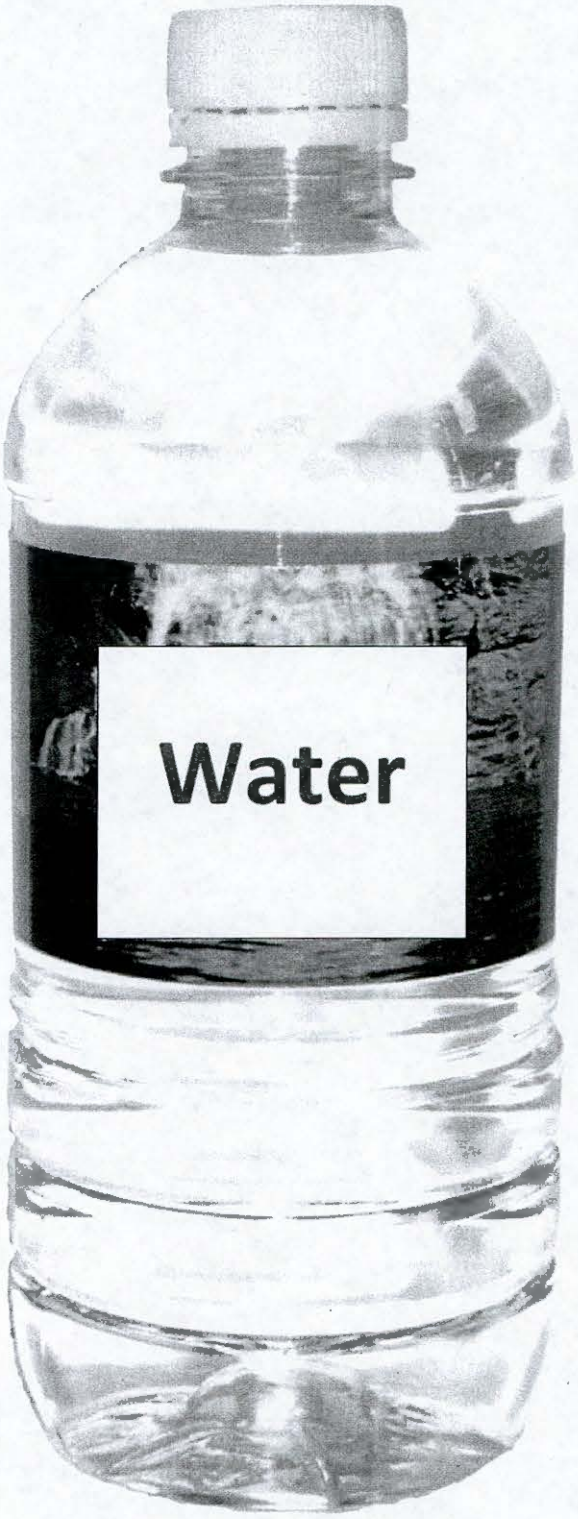
The body metabolizes sugar and uses it to help facilitate activity in the body. Extra sugar that is not used during activity is then converted and stored as fat. This increase in fat can quickly lead to weight gain which in turn can lead to other complications, including the development of diabetes. Sugar is also a major contributor to tooth decay.

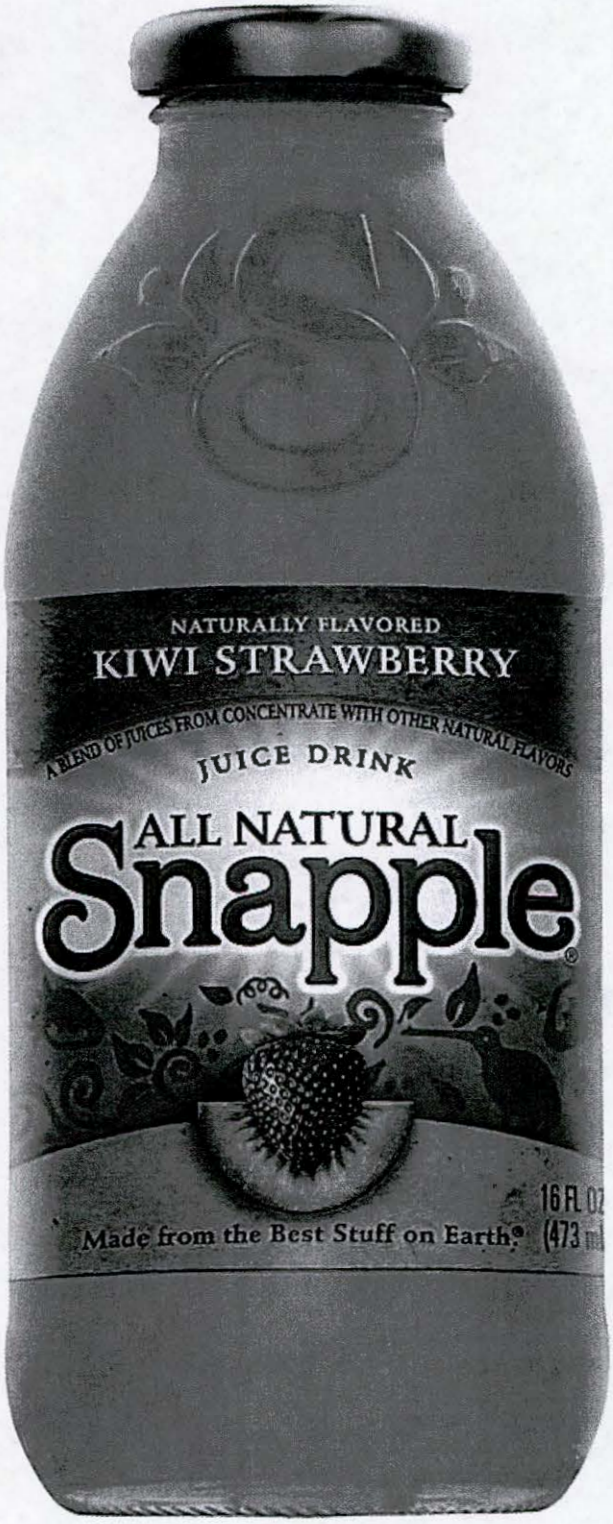
Recommended Daily Limit

While there is no recommended daily amount (RDA) set for sugar, there is a recommended daily limit (RDL). Based on a 2,000 calorie diet the RDL is 50 grams (12t.) of sugar or less than 10% of a person's daily caloric intake. Studies however have indicated that on

average each person in the U.S. consumes about 120 grams (30t.) of added sugar a day (Whitney, Rolfes, 2008).


Coke with 8 caps @my rewards.com
Coca-Cola
classic


Water

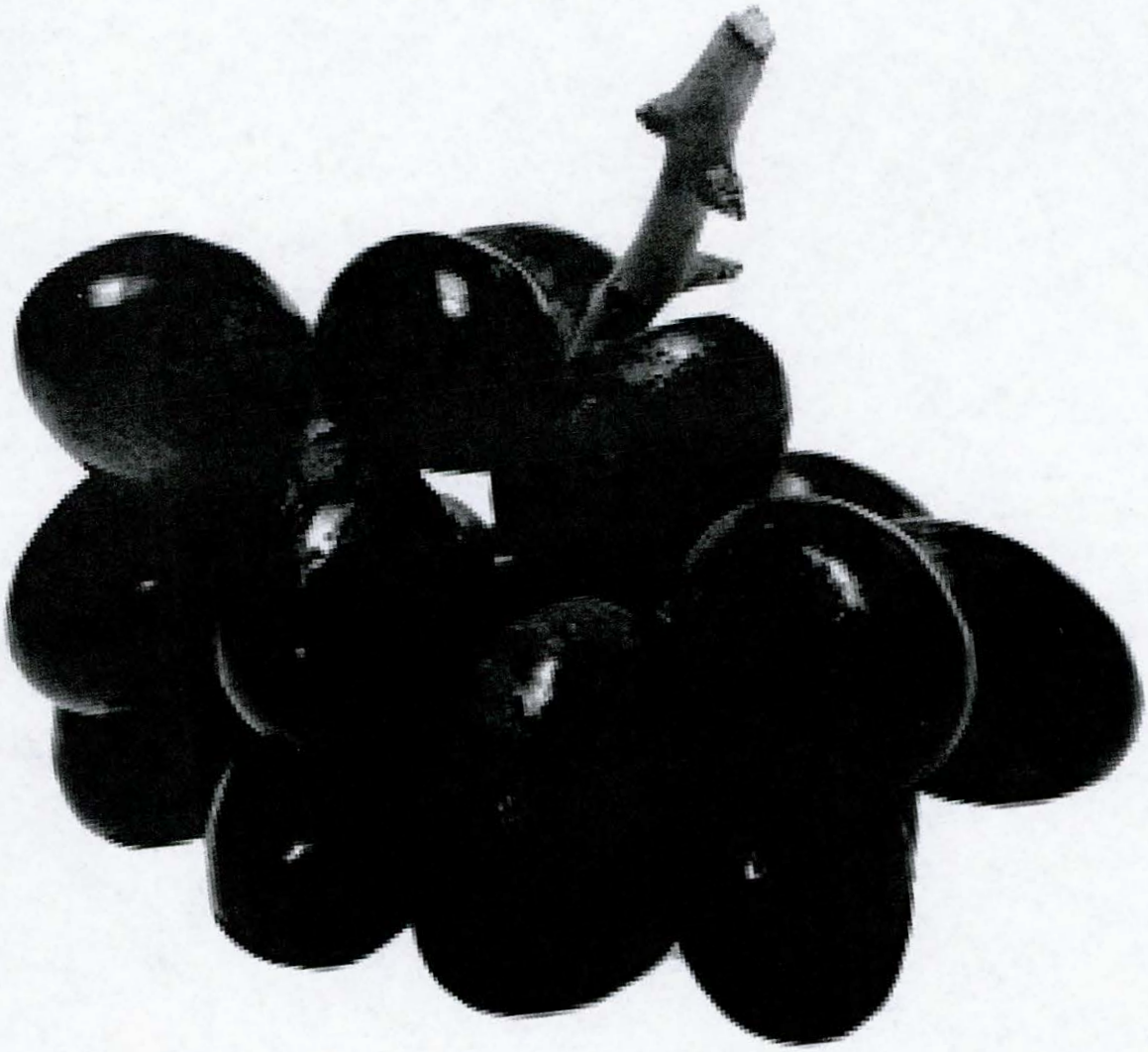

NATURALLY FLAVORED
KIWI STRAWBERRY
A BLEND OF JUICES FROM CONCENTRATE WITH OTHER NATURAL FLAVORS
JUICE DRINK
ALL NATURAL
Snapple
Made from the Best Stuff on Earth.

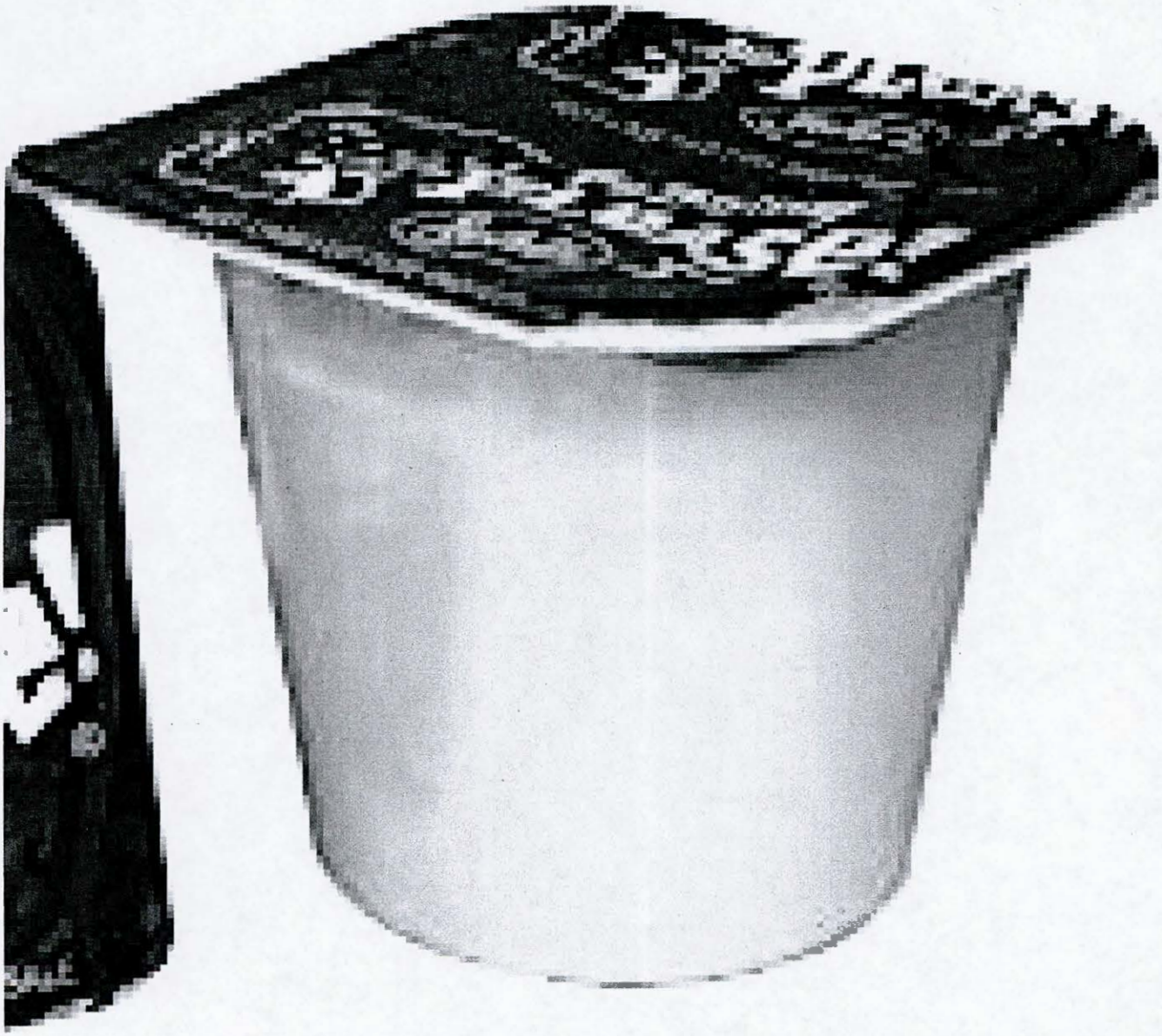

propel
antioxidants


Yoplait
Original
99% Fat Free
KEY LIME
PIE


SINCE 1942
DANNON
All natural
PLAIN
NONFAT YOGURT

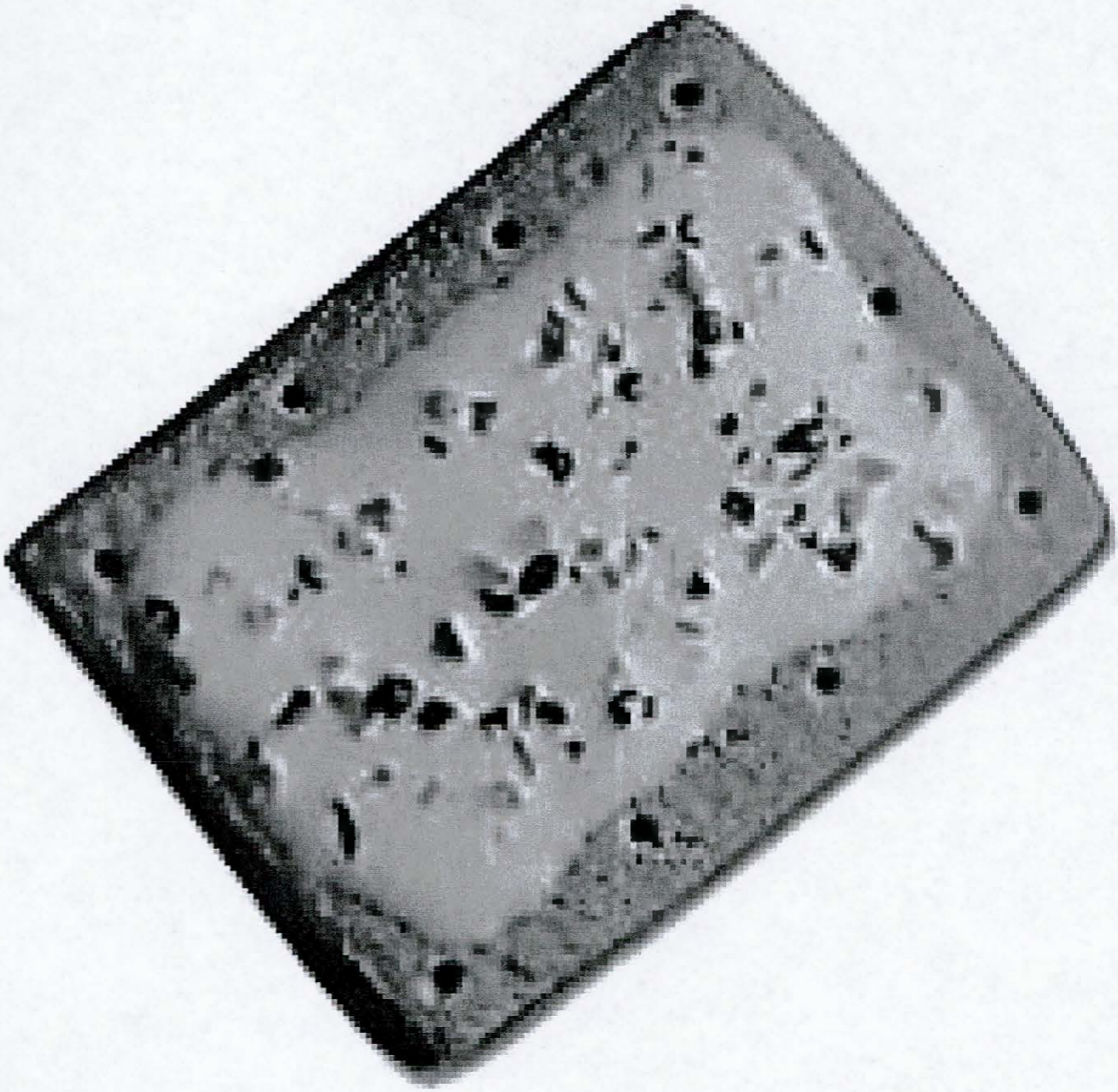

SIP &
ENJOY

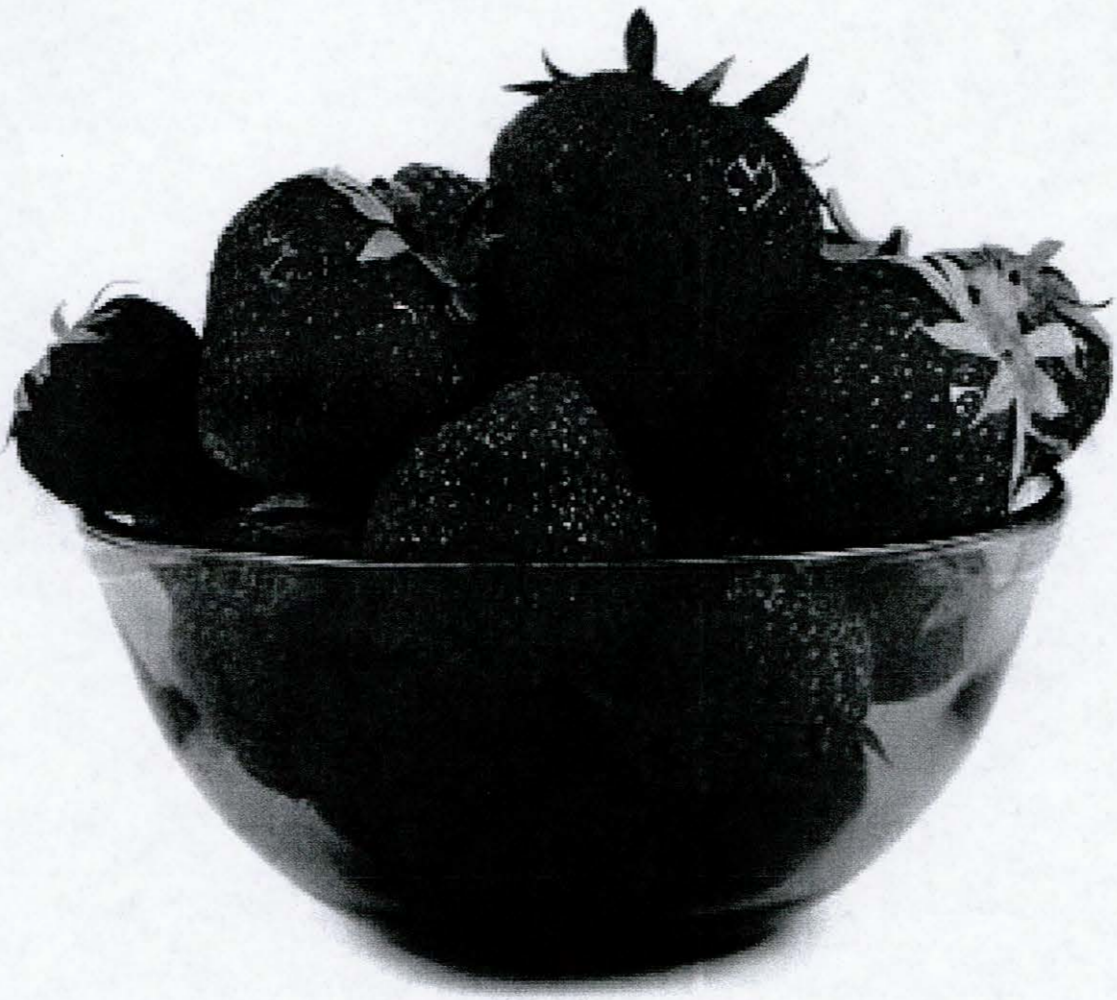




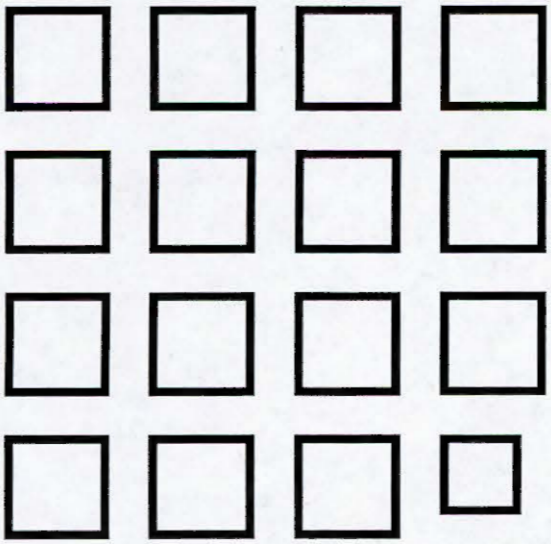

SNICKERS
BAR


QUAKER
Chewy
Granola Bar
Chocolate
Chip





Coca- Cola (20oz)
250 calories
65 g of sugar

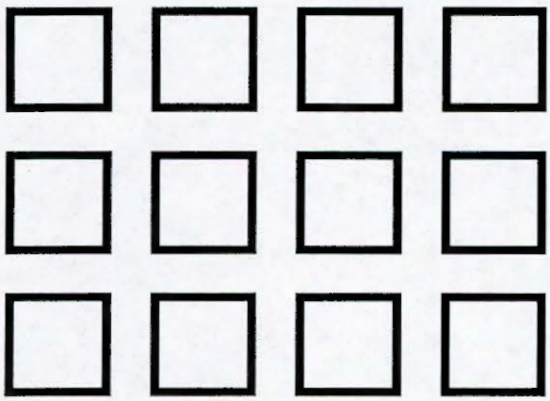


15.5 teaspoons sugar

Water (20oz)
0 calories
0 g sugar

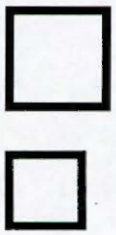
0 teaspoon of sugar

Snapple Kiwi-Strawberry Fruit Drink (16 oz)
220 calories
52 g of sugar



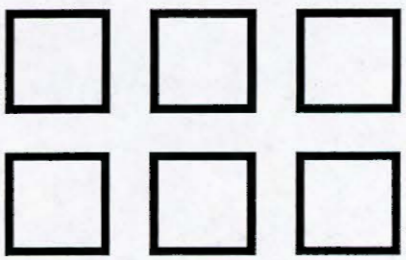
12 teaspoons sugar

Propel Kiwi- Strawberry Water (24 oz)
30 calories
6 g of sugar



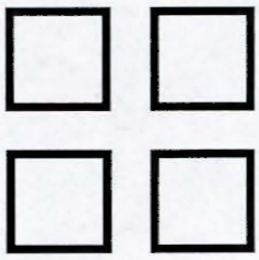
1.5 teaspoons of sugar

Key Lime Pie Yogurt (6oz)
170calories
27g of sugar



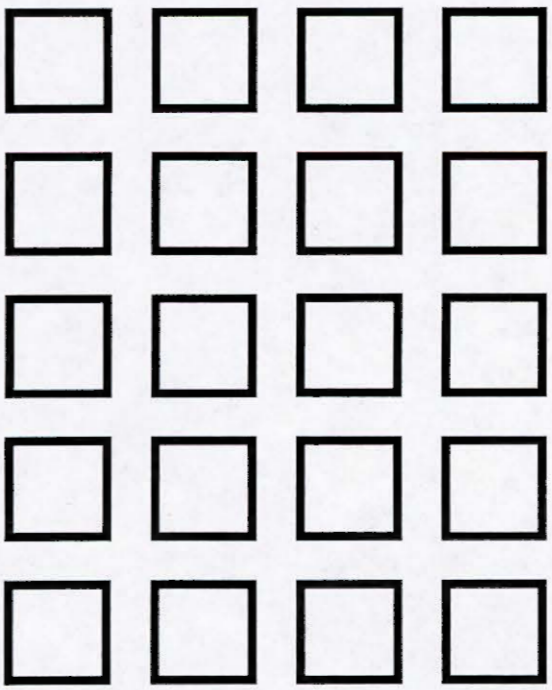
5.5 teaspoons sugar

Non-Fat Plain Yogurt (8 oz)
127 calories
17 g of sugar



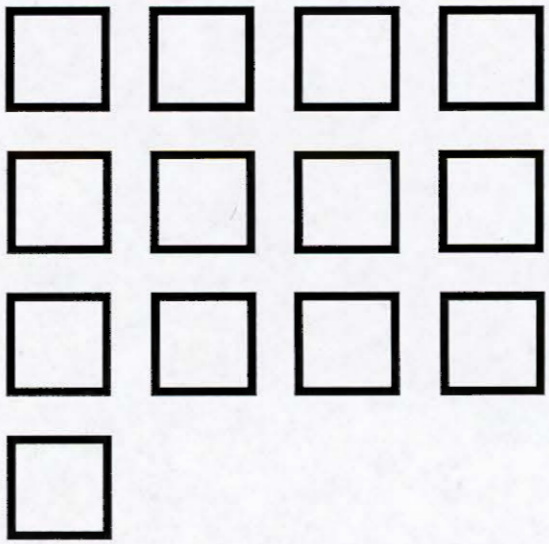
4 teaspoons of sugar

McDonald's Chocolate Milk Shake (16oz-small)
580 calories
84 g of sugar



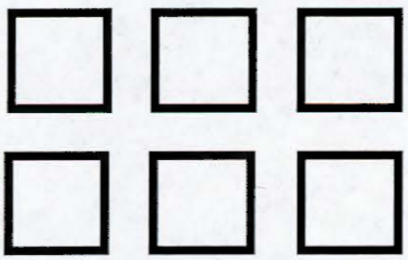
20 teaspoons sugar

Chocolate Whole Milk (16 oz)
440 calories
56 g of sugar



13 teaspoons of sugar

12 Jelly Beans
170 calories
26 g of sugar

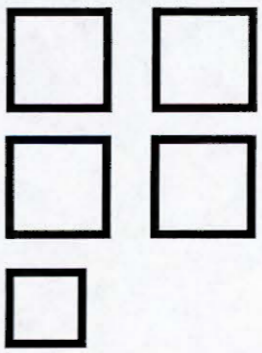


6 teaspoons sugar

12 Grapes
33calories
7 g of sugar

2 teaspoons of sugar

Vanilla Ice Cream (3 oz/approx..
1 scoop)
160 calories
19 g of sugar

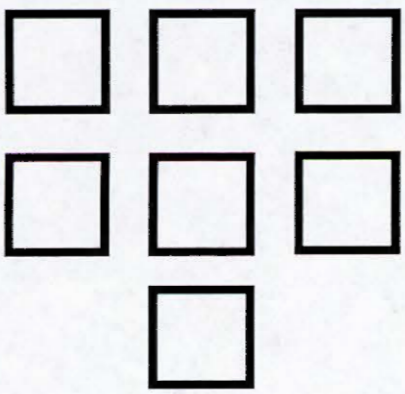


4.5 teaspoons sugar

Vanilla Pudding (3.5 oz)
120 calories
14 g of sugar

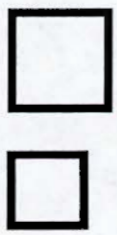
3 teaspoons of sugar

Snickers Bar (2 oz)
280 calories
30 g of sugar



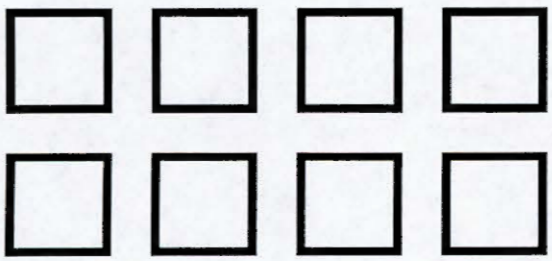
7 teaspoons sugar

Chewy Chocolate Chip (1 oz)
200 calories
7 g of sugar



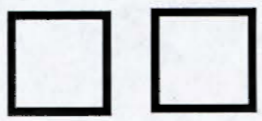
1.5 teaspoons of sugar

Frosted Strawberry Poptart
(3.6 oz)
400 calories
34 g of sugar



8 teaspoons sugar

Fresh Strawberries (1 cup/5 oz)
46 calories
7 g of sugar

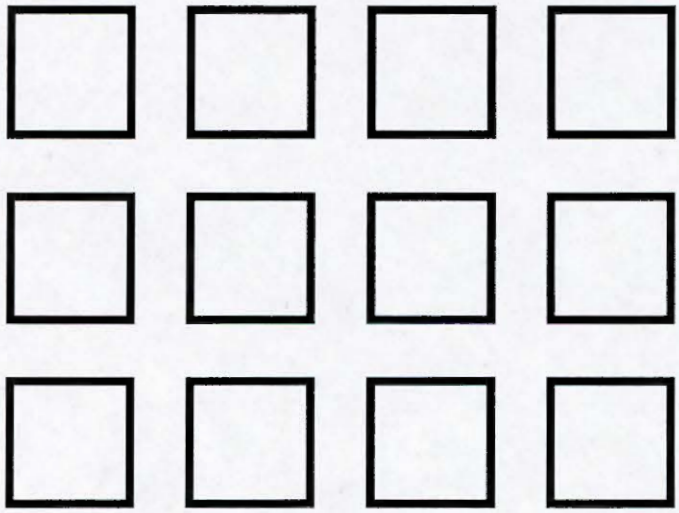


2 teaspoons of sugar

BE SUGAR SMART

Our bodies need sugar for energy, but too much sugar can be bad for our health.

It is suggested that you eat/drink no more than 12 teaspoons of sugar a day.

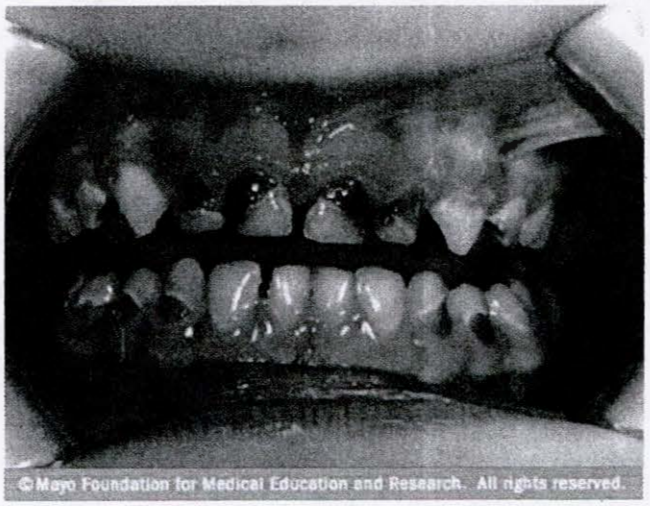


There are a lot of products that have added sugar and not many nutrients. Look at the products to compare sugar content and get ideas for healthier alternatives.

BE SUGAR SMART

So what's the big deal? Why should we care about how much sugar we are eating?

Because sugar is a major contributor to tooth decay.



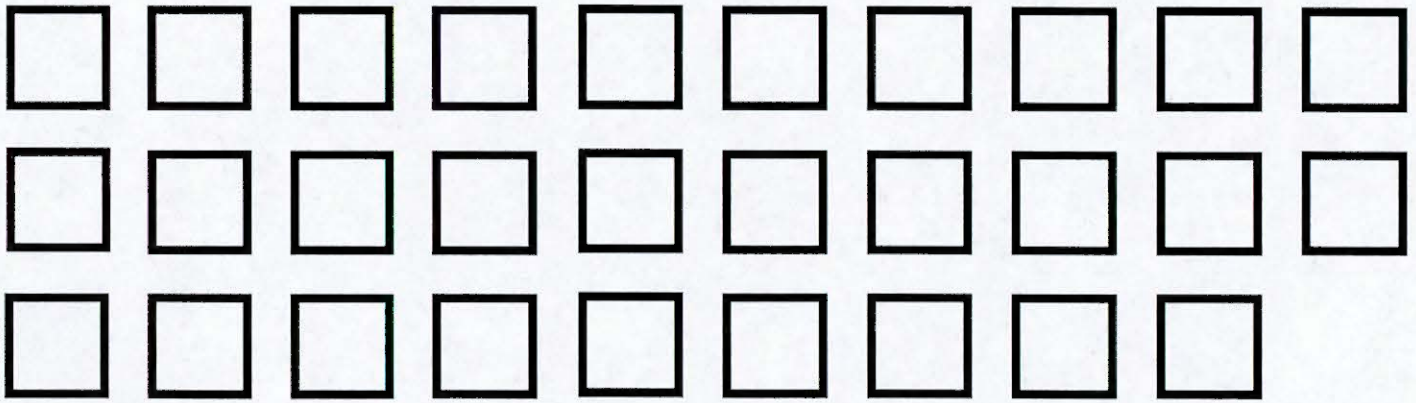
And if we eat too much sugar everyday it can lead to weight gain or diabetes.

It only takes an extra 500 calories a day to gain 1 pound in a week.

How much sugar does the average American eat in a year?

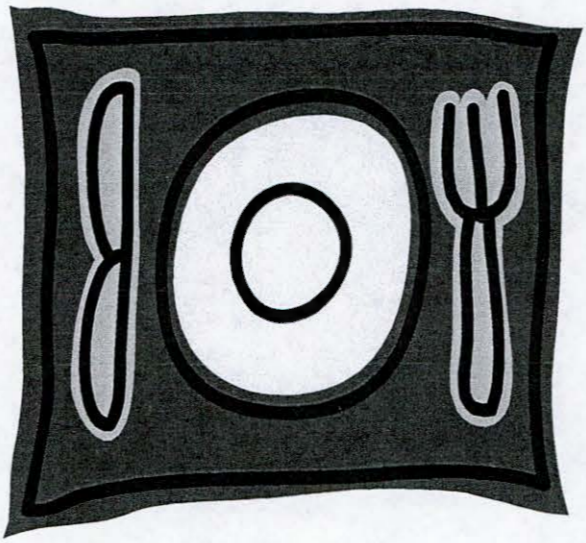
Lift to find out

Almost **100 pounds** of sugar a year → a quarter of a pound a day!



Quarter of a pound a day = 28 teaspoons or about 28 cubes of sugar a day!

- Source: Re-think Your Drink Campaign



MyPlate Activity

MyPlate Health Fair Activity

Prepared by:

Katie McKearan, Dallas County, EA-BLT

Supplies Needed:

- MyPlate Coloring page (choosemyplate.gov)
- A variety of food/drink pictures or food models
- MyPlate poster or MyPlate mini poster (choosemyplate.gov)
- Build a Healthy Plate handout (choosemyplate.gov)
- Paper plates and colored pencils

Activity:

1. Printout multiple copies of MyPlate coloring page (with or without food groups listed).
2. Printout multiple copies of Build Healthy Meal handout.
3. Display MyPlate poster.
4. Discuss MyPlate concepts with participants and show examples using pictures or food models.
5. Ask participants to create their own MyPlate by drawing pictures on their plate.
    - Discuss their choices
6. Allow participants to take home MyPlate coloring page, completed MyPlate activity and MyPlate handout.

Background Information:

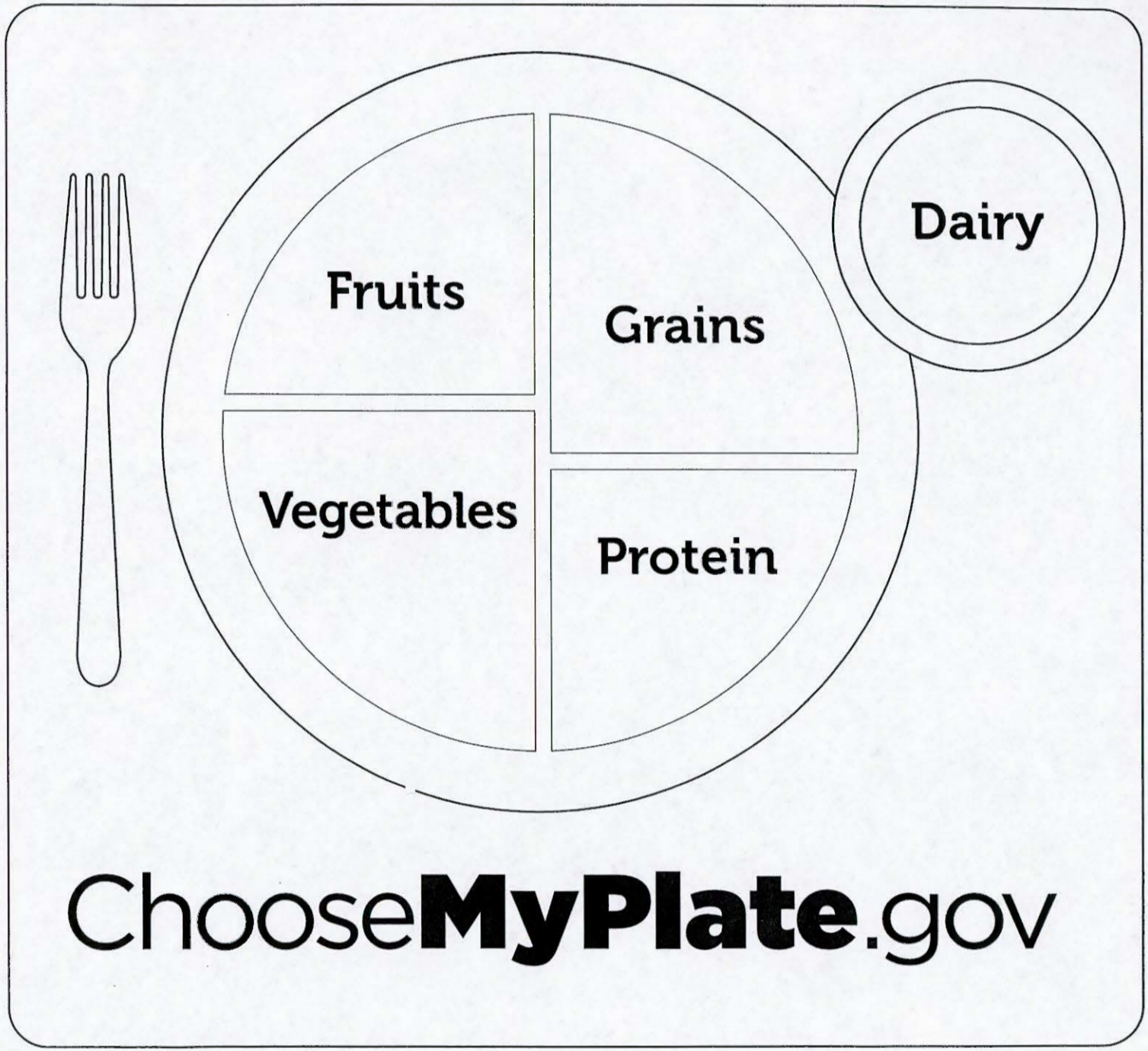
MyPlate Icon

- MyPlate is part of a larger community initiative based on 2010 Dietary Guidelines for Americans to help consumers make better food choices.
- MyPlate is designed to remind American to healthy; it is not intended to change consumer behavior alone.

- MyPlate illustrates the five food groups using a familiar mealtime visual and a place setting.
- The website features practical information and tips to help American build healthier diets.

- It features selected messages to help consumers focus on key behaviors. Select messages include:
    - Balancing Calories
        - Enjoy your food but eat less
        - Avoid oversized portions
    - Food to Increase
        - Make half of your plate fruit and vegetables
        - Make at least half of your grains whole
        - Switch to fat-free or low-fat (1%) milk
    - Foods to Reduce
        - Compare sodium in foods like soup, bread, and frozen meals (choose foods with lower numbers)
        - Drink water instead of sugary drinks

Visit MyPlate.gov for more information



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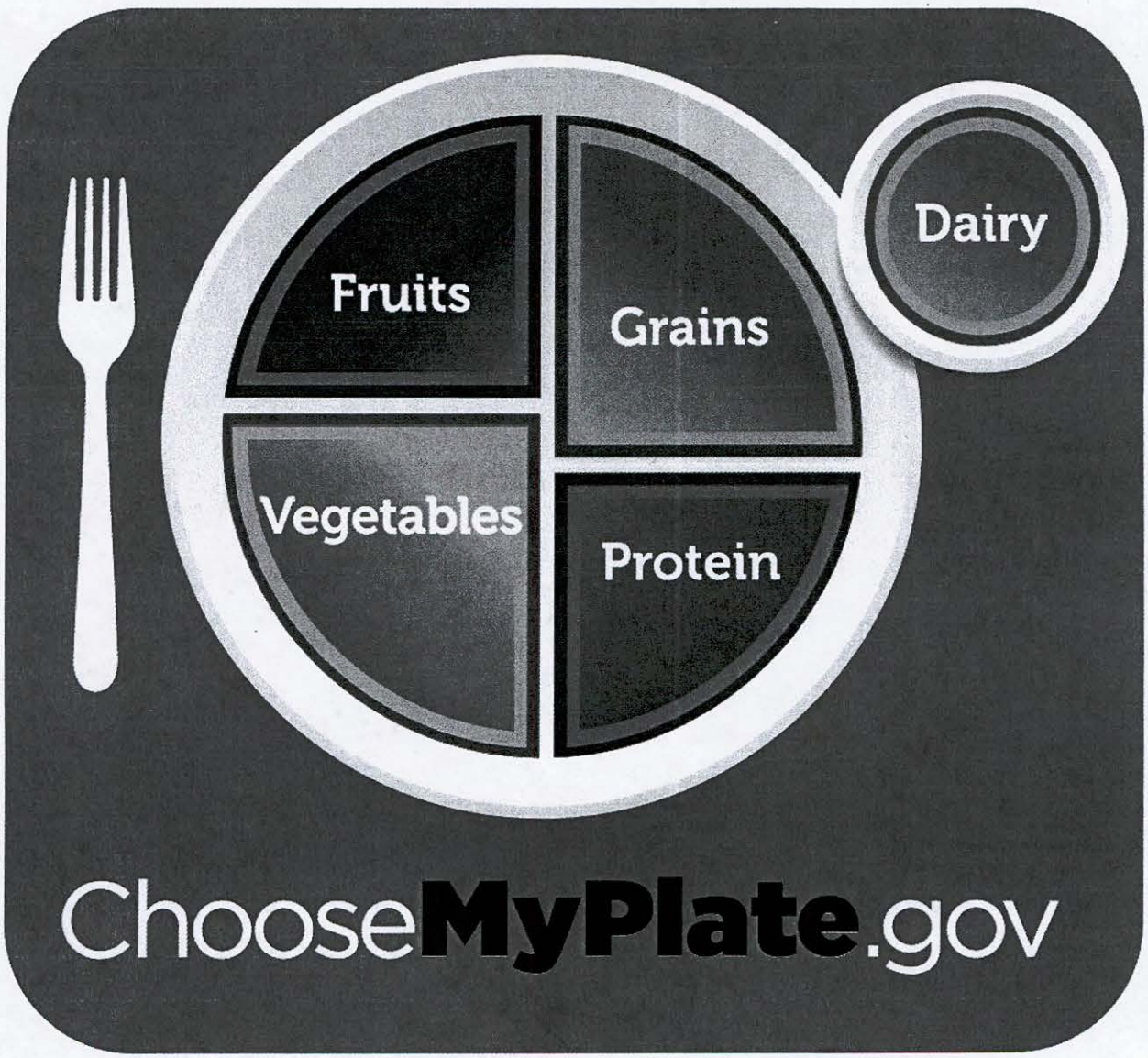
Fruits
Grains
Dairy
Vegetables
Protein
ChooseMyPlate.gov

10 tips

Nutrition Education Series

build a healthy meal

10 tips for healthy meals

A healthy meal starts with more vegetables and fruits and smaller portions of protein and grains. Think about how you can adjust the portions on your plate to get more of what you need without too many calories. And don't forget dairy—make it the beverage with your meal or add fat-free or low-fat dairy products to your plate.

1 make half your plate veggies and fruits

Vegetables and fruits are full of nutrients and may help to promote good health. Choose red, orange, and dark-green vegetables such as tomatoes, sweet potatoes, and broccoli.

2 add lean protein

Choose protein foods, such as lean beef and pork, or chicken, turkey, beans, or tofu. Twice a week, make seafood the protein on your plate.

3 include whole grains

Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.

4 don't forget the dairy

Pair your meal with a cup of fat-free or low-fat milk. They provide the same amount of calcium and other essential nutrients as whole milk, but less fat and calories. Don't drink milk? Try soymilk (soy beverage) as your beverage or include fat-free or low-fat yogurt in your meal.

5 avoid extra fat

Using heavy gravies or sauces will add fat and calories to otherwise healthy choices. For example, steamed broccoli is great, but avoid topping it with cheese sauce. Try other options, like a sprinkling of low-fat parmesan cheese or a squeeze of lemon.

6 take your time

Savor your food. Eat slowly, enjoy the taste and textures, and pay attention to how you feel. Be mindful. Eating very quickly may cause you to eat too much.

7 use a smaller plate

Use a smaller plate at meals to help with portion control. That way you can finish your entire plate and feel satisfied without overeating.

8 take control of your food

Eat at home more often so you know exactly what you are eating. If you eat out, check and compare the nutrition information. Choose healthier options such as baked instead of fried.

9 try new foods

Keep it interesting by picking out new foods you've never tried before, like mango, lentils, or kale. You may find a new favorite! Trade fun and tasty recipes with friends or find them online.

10 satisfy your sweet tooth in a healthy way

Indulge in a naturally sweet dessert dish—fruit! Serve a fresh fruit cocktail or a fruit parfait made with yogurt. For a hot dessert, bake apples and top with cinnamon.

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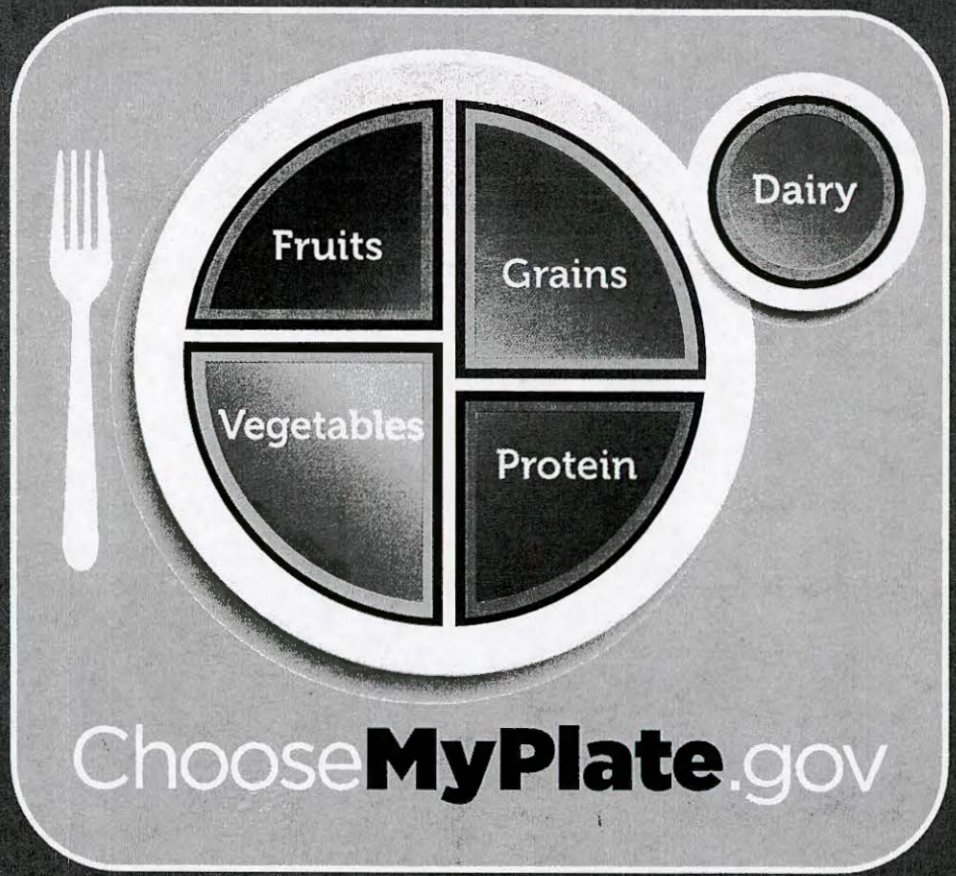
Center for Nutrition Policy and Promotion

Go to www.ChooseMyPlate.gov for more information.

DG TipSheet No. 7
June 2011

What's on your plate?

Before you eat, think about what and how much food goes on your plate or in your cup or bowl. Over the day, include foods from all food groups: vegetables, fruits, whole grains, low-fat dairy products, and lean protein foods.



Make half your plate fruits and vegetables.

Make at least half your grains whole.

Switch to skim or 1% milk.

Vary your protein food choices.

Vegetables	Fruits	Grains	Dairy	Protein Foods
Eat more red, orange, and dark-green veggies like tomatoes, sweet potatoes, and broccoli in main dishes. Add beans or peas to salads (kidney or chickpeas), soups (split peas or lentils), and side dishes (pinto or baked beans), or serve as a main dish. Fresh, frozen, and canned vegetables all count. Choose "reduced sodium" or "no-salt-added" canned veggies.	Use fruits as snacks, salads, and desserts. At breakfast, top your cereal with bananas or strawberries; add blueberries to pancakes. Buy fruits that are dried, frozen, and canned (in water or 100% juice), as well as fresh fruits. Select 100% fruit juice when choosing juices.	Substitute whole-grain choices for refined-grain breads, bagels, rolls, breakfast cereals, crackers, rice, and pasta. Check the ingredients list on product labels for the words "whole" or "whole grain" before the grain ingredient name. Choose products that name a whole grain first on the ingredients list.	Choose skim (fat-free) or 1% (low-fat) milk. They have the same amount of calcium and other essential nutrients as whole milk, but less fat and calories. Top fruit salads and baked potatoes with low-fat yogurt. If you are lactose intolerant, try lactose-free milk or fortified soymilk (soy beverage).	Eat a variety of foods from the protein food group each week, such as seafood, beans and peas, and nuts as well as lean meats, poultry, and eggs. Twice a week, make seafood the protein on your plate. Choose lean meats and ground beef that are at least 90% lean. Trim or drain fat from meat and remove skin from poultry to cut fat and calories.
Eat 2½ cups every day **What counts as a cup?** 1 cup of raw or cooked vegetables or vegetable juice; 2 cups of leafy salad greens	**Eat 2 cups every day** **What counts as a cup?** 1 cup of raw or cooked fruit or 100% fruit juice; ½ cup dried fruit	**Eat 6 ounces every day** **What counts as an ounce?** 1 slice of bread; ½ cup of cooked rice, cereal, or pasta; 1 ounce of ready-to-eat cereal	**Get 3 cups every day** **What counts as a cup?** 1 cup of milk, yogurt, or fortified soymilk; 1½ ounces natural or 2 ounces processed cheese	**Eat 5½ ounces every day** **What counts as an ounce?** 1 ounce of lean meat, poultry, or fish; 1 egg; 1 Tbsp peanut butter; ½ ounce nuts or seeds; ¼ cup beans or peas

For a 2,000-calorie daily food plan, you need the amounts below from each food group.
To find amounts personalized for you, go to Choose**MyPlate**.gov.

Look out for salt (sodium) in foods you buy. Compare sodium in foods and choose those with a lower number.

Drink water instead of sugary drinks. Eat sugary desserts less often.

Make foods that are high in solid fats—such as cakes, cookies, ice cream, pizza, cheese, sausages, and hot dogs—occasional choices, not every day foods.

Limit empty calories to less than 260 per day, based on a 2,000 calorie diet.

Be physically active your way

Pick activities you like and do each for at least 10 minutes at a time. Every bit adds up, and health benefits increase as you spend more time being active.

Children and adolescents: get 60 minutes or more a day.

Adults: get 2 hours and 30 minutes or more a week of activity that requires moderate effort, such as brisk walking.

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August 2011
CNPP-25