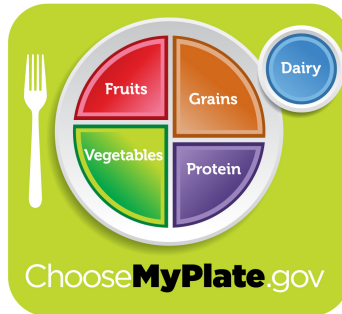


# MyPlate



Balancing calories  
Foods to increase  
Foods to reduce

## Balancing calories

- Enjoy your food, \_\_\_\_\_.
- Avoid \_\_\_\_\_

100 Extra calories/per day =

- It takes about \_\_\_\_\_ for stomach to tell your brain you're full
- The bigger the portion, the more people tend to eat
- Limit foods high in \_\_\_\_\_.
- Eat more \_\_\_\_\_ foods

## Nutrient-dense foods & beverages:

- |                    |                                      |
|--------------------|--------------------------------------|
| -Vegetables/fruits | -Dry beans/peas                      |
| -Whole grains      | -Unsalted nuts/seeds                 |
| -Seafood           | -Fat-free/low-fat milk/milk products |
| -Eggs              | -Lean meats/poultry                  |

## Sugars

- “Added” sugars are sugars and syrups added to foods or beverages during preparation or processing
- Other sugars occur “naturally” in foods like milk, fruit, and some vegetables – they aren’t the “added sugars” that are the concern.

## Physical activity and diet are important regardless of weight!

- 30-60 minutes, 5 times/week
- Vigorous aerobic -activity greatly increases heart rate and breathing

## Foods to Increase

- Make \_\_\_\_\_ your plate fruits and vegetables
- Make at least \_\_\_\_\_ your grains whole grains
- Switch to fat-free or low-fat (1%) milk
- At least half your grains should be whole grains

-Whole grains contain the \_\_\_\_\_ seed or “kernel”

### **Foods to reduce**

-Compare sodium in foods like soup, bread, and frozen meals and choose the foods with lower numbers

-Drink water instead of sugary drinks

\_\_\_\_\_ mg, depending on age/other individual characteristics

\_\_\_\_\_ in a tsp of salt.

- \_\_\_\_\_

-Avoid adding salt (an exception may be when baking yeast breads)

-Eat fresh foods, frozen veggies

-Request salt be left off when eating out

-Use other seasonings

### **Reduce Sugars**

Drink fewer sugar-sweetened beverages

-Consume \_\_\_\_\_

-Substitute \_\_\_\_\_, unsweetened coffee and tea, and other beverages with few or no calories

### **Remember ...**

A variety of foods, in moderation, can fit into a healthy eating pattern if nutrient needs have been met without exceeding calorie limits.

Regular physical activity helps maintain calorie balance.

### **Reflect:**

1. How are your eating habits?
2. How can you improve your eating habit?
3. Is it important to have a variety of colors on your plate? Please explain?
4. As a teenager you may not notice the effects of eating unhealthy, what are some possible effects of eating unhealthy that you may experience now and/or in the future.
5. How might things change if you decided to take steps towards establishing better eating habits.