

Smart Choices



Climbing around on MyPyramid

Orange means eat whole grains

Red, red, eat fruit, I said

Green means good for you!

Blue is for strong bones

Yellow, yellow, oily fellow

Purple is from protein that you get from meat and beans

How does this recipe fit into MyPyramid?

Make a Pyramid Pizza Bagel

Ingredients:

Grain: 1 Whole-wheat bagel, sliced in half.

Oil: 1 teaspoon vegetable or olive oil with a little powdered or fresh garlic

Vegetable: 2 Tablespoons of pizza sauce or a slice of tomato

Dairy: 1 ½ ounces mozzarella cheese

Meat and beans: 1 ounce ham or meat or poultry (leftovers would be good)

Fruit: ½ cup pineapple chunks (eat the chunks that won't fit) (optional)

Get an adult to heat oven to 350 degrees. Brush oil on the bagel. Put it on a cooking sheet. Spread sauce over bagel. Top the bagel with remaining ingredients. Bake 8-10 minutes. Create your own design.

This recipe has dairy, fruit, vegetable, grain and meat and healthy fat: something from each food group.

The pyramid points the way to health. Eat right, play hard like MyPyramid says and you will be healthier and do better in school.

drink **More** milk
say **Yes** to whole grains
Plan for healthy snacks and active play
eat lowfat **Yogurt**
Run, reach and jump rope
increase **Activity**
eat lean **Meat**
Increase fruits, vegetables, whole grains, fish and nuts
Decrease solid fats, sugar and salt

Don't trip on the tip!

Tip foods

Grains: Cookies, cakes, doughnuts, sweet cereals. These have lots of added sugar and fat.

Fruit: Pies and fruit with a lot of sugar added.

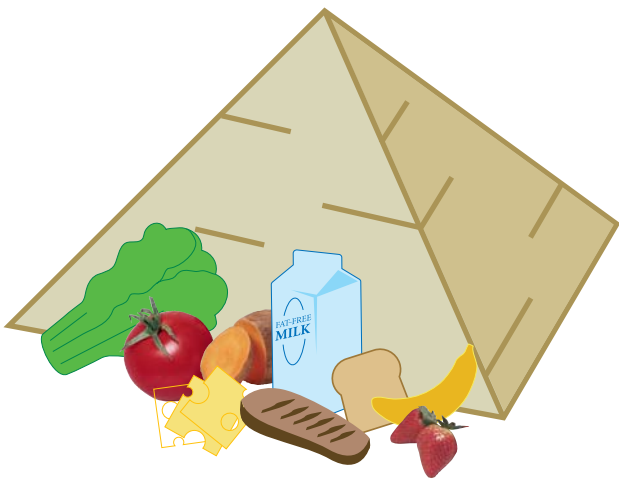
Vegetables: Fried potatoes, chips, vegetables with lots of fat added.

Dairy: Foods made with milk that have a lot of sugar or fat: ice cream, sour cream, cream cheese and high-fat cheeses.

Meats: High-fat meats like hamburger, sausage, fried chicken.

Fats: Solid fats like butter and stick margarine.

Don't drink all that sugar! Soft drinks and fruit-flavored drinks add calories without adding vitamins and minerals.

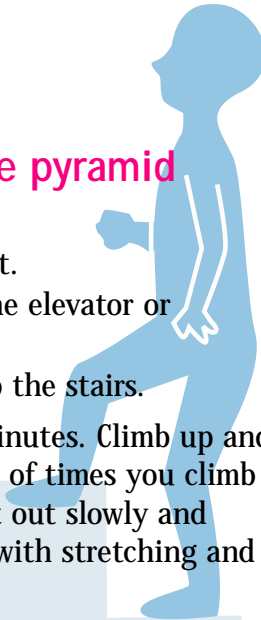


Climbing up to the top of the pyramid

Activity: Climbing stairs.

- Be active every chance you get.
- Choose the stairs instead of the elevator or escalator.
- Bone up to good health; climb the stairs.

Warm up by walking fast for about 5 minutes. Climb up and down a few times. Increase the number of times you climb up and down the stairs every day. Start out slowly and speed up. Always follow your workout with stretching and flexibility exercises.



Fill up on foods from the base of MyPyramid

Grain: Whole-wheat breads, oatmeal, whole-grain cereals.

Fruits: Fresh, frozen and canned fruit in its own juice.

Vegetables: Fresh, frozen and canned vegetables without a lot of fat added.

Dairy: Lowfat or skim milk, part skim mozzarella cheese.

Meat and Beans: Lean meat, chicken without the skin, fish, eggs, beans, nuts and seeds.

Oils: Choose vegetable oils and soft margarine.

Do you see the pyramid on the dollar bill?



MyPyramid says:

Make half your grains whole: Increase whole grains that you eat each day.

Vary your veggies: Try new vegetables. Find out which ones you like.

Focus on fruits: Eat a couple of different fruits each day. Make it a habit.

Get your calcium-rich foods: Choose milk instead of soft drinks!

Meat and Beans: Eat more fish, beans, peas, nuts and seeds. They are high in protein, too.



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