



The Food Pyramid



The Colors Of The Pyramid

ORANGE – Grains such as bread, pasta, oatmeal, breakfast cereal, tortillas and grits

GREEN – Any vegetable or 100 percent vegetable juice. Vegetables may be raw or cooked; fresh, frozen, canned or dehydrated; and may be whole, cut up or mashed.

RED – Any fruit of 100 percent fruit juice. Fruits may be fresh, canned, frozen or dried and may be whole, cut up or pureed.

YELLOW – Oils that are liquid at room temperature, such as canola, corn, olive and sunflower oil. This also includes foods that are mainly oil, including mayonnaise, certain salad dressings and soft margarine.

BLUE – Milk and many foods made from milk, including yogurt and cheese

PURPLE – All foods made from meat, poultry, fish, dry beans or peas, eggs, nuts and seeds. Dry beans and peas belong to two groups: purple and green.

USDA Updates Food Pyramid

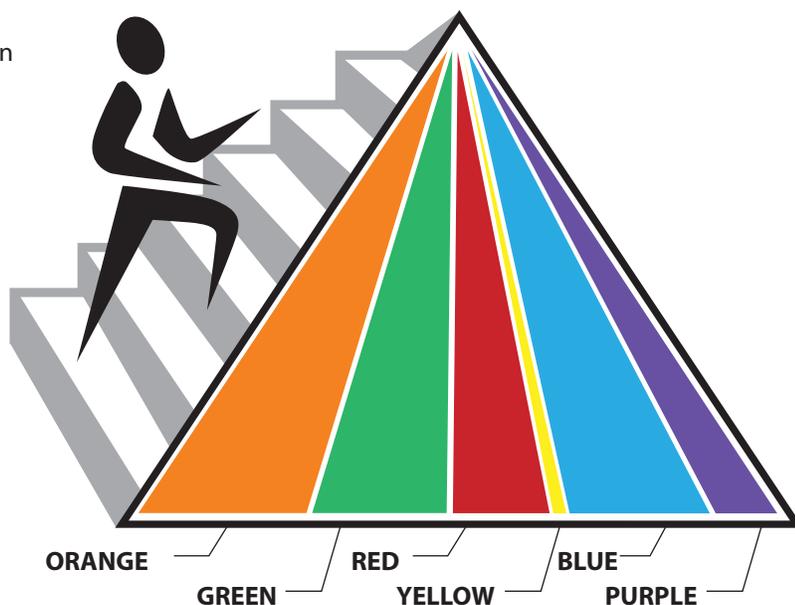
Americans today have more access to diet and nutrition information than any other generation. Television shows, books and magazine articles provide advice on what, when and how much people should eat. Despite this wealth of information, however, people seem more confused about food and nutrition, and they are getting fatter. According to the Centers for Disease Control and Prevention, an astounding 54 percent of Americans are considered overweight or obese.

During the years, demand has grown for a more individualized approach to nutrition, and so in April 2005, the USDA launched a revamped food pyramid called MyPyramid.

Each color on the pyramid represents a different food group. The plan also allows for a small number of “discretionary calories” you can use for luxuries such as solid fats, added sugars, alcohol or more food from any of the other food groups.

The final piece of the puzzle, physical activity, is represented by a stick figure climbing stairs on the side of the pyramid.

For more information on your unique dietary recommendations, visit www.mypyramid.gov.

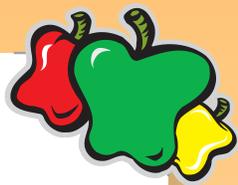


How To Help

Your Family Adhere To The Food Guide Pyramid:

- Serve a variety of foods each day (breads, grains, cereals, fruits, vegetables, milk and lean meats)
- Encourage fresh, canned, or frozen fruits and vegetables as snacks
- Limit consumption of high calorie/high fat snack foods such as chips, candy, and baked goods.
- Get active! Spend less time watching TV and more time enjoying the outdoors with your kids!

Incredible Edible Veggie Bowls



- 1 green, yellow, or red pepper, washed
- 1 bunch of celery, washed
- 1 carrot, washed and peeled
- Your favorite salad dressing
- Cut the pepper in half (from side to side). Clean out the seeds and gunk from the inside. Now you have two pieces. One will be your pepper-shaped bowl.
- Cut the other half of the pepper into skinny slices.
- Cut the carrot into skinny sticks about 4" long.
- Cut celery into skinny sticks so each one is about 4" long.
- Put a little salad dressing in the bottom of your pepper bowl.
- Put celery sticks, carrot sticks, and pepper slices into the pepper bowl.

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Don't forget the pyramid is not only about food, but also about staying active and maintaining a healthy and well-balanced lifestyle.



For more information call 718-3288 and visit our Web site KidSmartKid.org.