

Your Nutrition Style

Making the Pyramid Personal



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Summary

Your Nutrition Style: explains the year 2005 edition of *Dietary Guidelines for Americans*. The Dietary Guidelines, first published in 1980, are the “gold standard” of dependable nutrition information. The program permits schools to update their video resources to include the latest nutrition research and scientific consensus.

Why are the Dietary Guidelines important? They serve as the cornerstone of Federal nutrition policy, they provide sound advice to help people make food choices for a healthy life, and they reflect a consensus of the most current science and medical knowledge available.

The video encourages viewers to make the Dietary Guidelines their own by developing a personalized eating plan. Viewers learn how to create their own nutrition style by watching “nutritional makeovers” by four young adults with very different eating styles. Viewers meet Alex, Kara, Sam, and Heather and watch them make the Dietary Guidelines personal.

Guarantee

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Nutrition Makeovers

(Before)

Alex is an athlete who seems to live on carbohydrates and sports drinks. Bagels for breakfast and spaghetti for dinner is his standard fare. He listens to other athletes and learns that a better diet could improve his performance and health.

Kara is into theater which, for her, is a creative but not particularly active lifestyle. She finds it convenient to live on pizza plus the homemade treats the cast and crew brings to rehearsals. Kara wants to move from plays to musicals and knows she needs to be in better shape to achieve her goal.

Sam, a computer analyst, spends most of his time at work, as well as his free time at home, on a computer. Consider him less a geek than a mouse potato. He feeds the workplace vending machines a constant stream of change in exchange for snake cakes, chips, candy bars, and cans of pop. He picks up most of his meals at fast food drive-through lanes.

During a routine company physical, Sam learned he had high cholesterol and diet is part of the problem.

Heather is a girl on the go. She has lots of friends and is involved in many activities including the track team.

Her eating plan consists of salads and diet pop. She considers meat and bread as fattening and feels milk is “gross.” Eventually Heather stopped being hungry which scared her because she watched two friends deal with eating disorders. She decides to tweak her eating patterns.

Dietary Guidelines

#1 Aim for a Healthy Weight

How do you know if you're at a healthy weight? Weigh yourself and have your height measured. Find your BMI category (healthy weight, overweight, or obese) on the chart on pages 6-7 of this guide. The higher your BMI category, the greater the risk for health problems. A second weight check is to measure around your waist, just above your hip bones, while standing. Health risks increase as waist measurement increases, particularly if the waist is greater than 35 inches for women or 40 inches for men. Excess fat around the stomach may place you at greater risk for health problems, even if your BMI is about right. The more of the following risk factors you have, the more likely you are to benefit from weight loss if you are overweight or obese: A personal or family history of heart disease, a male older than 45 years or a postmenopausal female, a cigarette smoker, an inactive lifestyle, high blood pressure, high LDL cholesterol or low HDL cholesterol, diabetes.

#2 Be physically active 30-60 minutes a day

Physical activity helps control weight, helps maintain heart and bone fitness, and promotes a sense of well-being. The strong recommendation is for adults to do at least 30 minutes of moderate exercise a day and children 60 minutes. A moderate physical activity is one that requires as much energy as walking two miles in thirty minutes.

Choose activities you enjoy and can do regularly. You do NOT have to join a health club or have a personal trainer to be physically active. Helpful physical activity includes walking, biking, swimming, racket or wheelchair sports, playing with children, walking up stairs, playing golf without a cart, rowing, dancing, or cleaning the house.

#3 Let The Pyramid Guide Your Food Choices

The food pyramid divides food into six groups. The food pyramid recognizes that variety is important since no one food type can supply all the nutrients you need. If you eat the recommended servings from each group, you will get a wide variety of healthy nutrients in your diet.

The pyramid is built on a foundation of grains that includes 3 to 10 ounces a day of bread, cereal, rice, and pasta, preferably whole grains. The next level features 1.5 to 2 cups of fruit and 1.5 to 4 cups of vegetables. Two cups of leafy green vegetables count as one cup. The dairy group consists of 2 to 3 cups of milk, yogurt, and cheese. 1.5 ounces of natural cheese counts as a "cup" in the dairy group. The meat and bean group includes choices of 4 to 7 ounces of meat, poultry, fish, dry beans, eggs, and nuts. The smallest section of the Pyramid includes fats, oils, and sweets which should be eaten sparingly. Check MyPyramid.gov to determine your exact daily amounts from each group based on calorie needs.



In the grain group, one slice of bread is an ounce, one cup of cold cereal is an ounce. But only one-half cup of cooked cereal, rice, or pasta makes an ounce equivalent. In the vegetable and fruit groups, a cup of raw or cooked vegetables is indeed a cup. A cup of 100% fruit juice is a cup. But a 1/2 cup of dried fruit counts as a cup. In the dairy group, a cup of milk or yogurt counts as a cup. In cheese, 1½ ounces of natural cheese or two ounces of processed cheese is a serving. An ounce of lean meat, poultry, fish, or one egg is an ounce. Also counting as a one ounce serving is 1 Tbsp. peanut butter, 1/4 cup cook dry beans, or 1/2 ounce of nuts or seeds.

#4 Eat at Least Three Ounces of Whole Grains Daily

How can you tell the difference between *whole* and *refined* grain? Whole grains contain all of the edible plant kernel complete with fiber and plenty of hard-to-get nutrients. Refined grains contain only part of the grain. Look for the word *whole* on the label. The words *wheat*, *natural*, or *organic* do not mean whole.

#5 Choose a Variety of Fruits and Vegetables

Studies repeatedly find fruits and vegetables protect against cancer and other chronic diseases. The fiber and nutrient mix cannot be duplicated in vitamin pills or dietary supplements.

Bright and dark colors signal rich nutrient supplies. For example, dark green leafy vegetables are richer in vitamins and minerals than pale iceberg lettuce. Cantaloupes, honeydew, and watermelons are more vitamin dense than apples. Potatoes are nutritious, but bright orange sweet potatoes are a nutrient powerhouse.

#6 Keep Food Safe to Eat

Food borne illness is serious. Thousands of people die each year from eating contaminated food. To be safe *clean*, *separate*, and *refrigerate* food. Raw or undercooked meat can contain dangerous bacteria or viruses, so keep meat juices and the utensils used with them apart from other foods. Keep meat, fish, milk, cheese, eggs, and other perishables below 40 degrees Fahrenheit. When you thaw meat, move it from the freezer to the refrigerator, not the countertop. Use a meat thermometer.

#7 Limit saturated fat, trans fats, and cholesterol

We need some fat to stay healthy. Saturated fats increase the risk of heart disease by raising blood cholesterol. In contrast, unsaturated fats (found mainly in vegetable oils) do not increase blood cholesterol. Most people still eat too much saturated fat. Eating lots of fat of any type usually supplies excess calories.

Foods high in saturated fat include cheese, whole milk, cream, butter, ice cream, meat, poultry skin and fat, lard, and tropical oils. Trans fatty acids also raise blood cholesterol. Trans fatty acids are common in partially hydrogenated vegetable oils.

#8 Prefer foods with little or no added sugar or sweeteners

There is nothing dangerous about sugar. You'll find it naturally in milk, fruits, and vegetables. It's the *added* sugars that change the shape of our pyramids and bodies. Food labels often show how much sugar is in a serving. Four grams is one teaspoon of sugar. A 12 ounce can of pop may contain 40 grams of sugar — 10 teaspoons.

Sugar-laden foods are generous in calories but stingy in nutrients. They fill you up, so you're less likely to eat other nutritious food.

#9 Eat less than a teaspoon of sodium a day

Many people can reduce their chances of developing high blood pressure by consuming less salt. Are you one of these people? Unfortunately, there is no way to tell. However, consuming less salt or sodium is not harmful and is recommended for healthy people. Salt is added to many foods during processing or during preparation in a restaurant or at home. Not all foods with added salt taste salty. You might find more sodium in a can of soup than in a small bag of pretzels.

To help you sort out all the details of how much fat, sugar, and salt are in your favorite foods, read the nutrition facts labels on food packages.

#10 If You Drink Alcoholic Beverages, Do So in Moderation

The tenth guideline was not mentioned in the Learning Seed program since the intended audience is high school age and younger. Under age drinking is not healthy, even in moderation.

The Dietary Guidelines say to drink in moderation if you do drink, but they certainly don't promote alcohol consumption. In fact, from a nutritional viewpoint, alcoholic beverages are junk food — all calories and no nutrients.

Conclusion

The *Dietary Guidelines* give enough information to build your own nutrition style. Maybe you'll decide to eat less fat or to add variety to your food choices or get more exercise. The guidelines are really guides — how you follow them is up to you.

Nutrition Makeovers

(After)

Alex expanded his pyramid to add variety. He still eats a lot of pasta but now he adds chicken or tofu to the sauce. Vegetables go along with most of his meals and he eats five fruit servings each day. He drinks fewer sports drinks and more water and fruit juices.

Kara still eats pizza once in awhile but veggies now replace the sausage. She balances her meals with lean meats, grains, and produce. Chocolate is now a special treat instead of a staple. Kara now takes raw vegetables, fruit, and low-fat dip to snack to rehearsals. Her habit shows signs of catching on with the other actors. She's lost some weight even though she isn't on a strict diet.

Sam has made great strides with his lifestyle makeover especially since he now walks at least forty-five minutes each day. He still likes his food fast but now he drives up to the sub shop. He asks for turkey or chicken pile high on whole wheat bread. He holds the mayo and other high-fat oils and sauces. At work, he limits his vending machine snacks to fruit and vegetable juices and pretzels.

Heather has moved away from the brink of an eating disorder. She had a hard time prying herself away from salads so she added ingredients such as tofu, hardboiled eggs, chicken pieces and ready to eat shrimp. She still doesn't like milk but she does eat low-fat yogurt for breakfast and sprinkles cheese on her salads. Heather added whole grain cereals, breads, and crackers to her menu as well as vegetable soups and vegetarian chili. She thinks her move to good nutrition was mostly painless. In fact, she reports feeling better about herself.

Body Mass Index (BMI) Table

BMI	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35
<i>Height</i>	<i>Weight (in pounds)</i>																
4'10" (58")	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167
4'11" (59")	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173
5' (60")	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179
5'1" (61")	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185
5'2" (62")	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191
5'3" (63")	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197
5'4" (64")	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204
5'5" (65")	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210
5'6" (66")	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216
5'7" (67")	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223
5'8" (68")	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230
5'9" (69")	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236
5'10" (70")	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243
5'11" (71")	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250
6' (72")	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258
6'1" (73")	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265
6'2" (74")	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272
6'3" (75")	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279

Source: Evidence Report of Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults, 1998. NIH/National Heart, Lung, and Blood Institute (NHLBI)

Body Mass Index Table																																				
	Normal						Overweight						Obese						Extreme Obesity																	
BMI	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54
Height (inches)	Body Weight (pounds)																																			
58	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167	172	177	181	186	191	196	201	205	210	215	220	224	229	234	239	244	248	253	258
59	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173	178	183	188	193	198	203	208	212	217	222	227	232	237	242	247	252	257	262	267
60	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179	184	189	194	199	204	209	215	220	225	230	235	240	245	250	255	261	266	271	276
61	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185	190	195	201	206	211	217	222	227	232	238	243	248	254	259	264	269	275	280	285
62	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191	196	202	207	213	218	224	229	235	240	246	251	256	262	267	273	278	284	289	295
63	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197	203	208	214	220	225	231	237	242	248	254	259	265	270	278	282	287	293	299	304
64	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204	209	215	221	227	232	238	244	250	256	262	267	273	279	285	291	296	302	308	314
65	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210	216	222	228	234	240	246	252	258	264	270	276	282	288	294	300	306	312	318	324
66	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216	223	229	235	241	247	253	260	266	272	278	284	291	297	303	309	315	322	328	334
67	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223	230	236	242	249	255	261	268	274	280	287	293	299	306	312	319	325	331	338	344
68	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230	236	243	249	256	262	269	276	282	289	295	302	308	315	322	328	335	341	348	354
69	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236	243	250	257	263	270	277	284	291	297	304	311	318	324	331	338	345	351	358	365
70	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243	250	257	264	271	278	285	292	299	306	313	320	327	334	341	348	355	362	369	376
71	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250	257	265	272	279	286	293	301	308	315	322	329	338	343	351	358	365	372	379	386
72	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258	265	272	279	287	294	302	309	316	324	331	338	346	353	361	368	375	383	390	397
73	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265	272	280	288	295	302	310	318	325	333	340	348	355	363	371	378	386	393	401	408
74	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272	280	287	295	303	311	319	326	334	342	350	358	365	373	381	389	396	404	412	420
75	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279	287	295	303	311	319	327	335	343	351	359	367	375	383	391	399	407	415	423	431
76	156	164	172	180	189	197	205	213	221	230	238	246	254	263	271	279	287	295	304	312	320	328	336	344	353	361	369	377	385	394	402	410	418	426	435	443

Source: Adapted from *Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults: The Evidence Report*.

BMI measures weight in relation to height. The BMI ranges shown above are for adults. They are not exact ranges of healthy and unhealthy weights. However, they show that health risk increases at higher levels of overweight and obesity. Even within the healthy BMI range, weight gains can carry healthy risks for adults.

Directions: Find your weight on the bottom of the graph. Go straight up from that point until you come to the line that matches your height. Then look to find your weight group.

Healthy Weight BMI from 18.5 up to 25 refers to healthy weight.

Overweight BMI from 25 up to 30 refers to overweight.

Obese BMI 30 or higher refers to obesity. Obese persons are also overweight.

Source: *Report of the Dietary Guidelines Advisory Committee on the Dietary Guidelines*

Resources

www.mypyramid.gov

This is your starting point for making the pyramid personal. Includes an animated tour of the food pyramid, a more detailed “Inside the Pyramid” section, a mini-poster download, and a “My Pyramid Plan” to enter your own data to learn your calorie needs and food group selections.

www.healthierus.gov/dietaryguidelines/index.html

This is where you go to download the full eighty page booklet describing the Dietary Guidelines in detail. Full color, straightforward text and lots of good ideas for healthy eating. Can be downloaded in either html or Adobe .PDF formats.

This page also has links to other resources for educators such as info on the DASH diet, a BMI calculator, and information on measuring the intensity of physical activity.

A calculator to figure your own Body Mass Index can be found at:

www.nhlbisupport.com/bmi/

An excellent source of food safety information is: www.foodsafety.gov

The Canadian version of Dietary Guidelines can be found at

www.hc-sc.gc.ca/hpfb-dgpsa/onpp-bppn/food_guide_rainbow_e.html