Vary your protein routine

Protein foods include both animal (meat, poultry, seafood, and eggs) and plant (beans, peas, soy products, nuts, and seeds) sources. We all need protein—but most Americans eat enough, and some eat more than they need. How much is enough? Most people, ages 9 and older, should eat 5 to 7 ounces* of protein foods each day depending on overall calorie needs.

1. Vary your protein food choices
   Eat a variety of foods from the Protein Foods Group each week. Experiment with beans or peas, nuts, soy, and seafood as main dishes.

2. Choose seafood twice a week
   Eat seafood in place of meat or poultry twice a week. Select a variety of seafood, including those that are higher in oils and low in mercury, such as salmon, trout, and herring.

3. Select lean meat and poultry
   Choose lean cuts of meat like round or sirloin and ground beef that is at least 93% lean. Trim or drain fat from meat and remove poultry skin.

4. Save with eggs
   Eggs can be an inexpensive protein option and part of a healthy eating style. Make eggs part of your weekly choices.

5. Eat plant protein foods more often
   Try beans and peas (kidney, pinto, black, or white beans; split peas; chickpeas; hummus), soy products (tofu, tempeh, veggie burgers), nuts, and seeds. They are lower in saturated fat and some are higher in fiber.

6. Consider nuts and seeds
   Choose unsalted nuts or seeds as a snack, on salads, or in main dishes. Nuts and seeds are a concentrated source of calories, so eat small portions to keep calories in check.

7. Keep it tasty and healthy
   Try grilling, broiling, roasting, or baking—they don’t add extra fat. Some lean meats need slow, moist cooking to be tender—try a slow cooker for them. Avoid breading meat or poultry, which adds calories.

8. Make a healthy sandwich
   Choose turkey, roast beef, canned tuna or salmon, or peanut butter for sandwiches. Many deli meats, such as regular bologna or salami, are high in fat and sodium—make them occasional treats only.

9. Think small when it comes to meat portions
   Get the flavor you crave but in a smaller portion. Make or order a small turkey burger or a “petite” size steak.

10. Check the sodium
    Check the Nutrition Facts label to limit sodium. Salt is added to many canned foods—including soups, vegetables, beans, and meats. Many processed meats—such as ham, sausage, and hot dogs—are high in sodium. Some fresh chicken, turkey, and pork are brined in a salt solution for flavor and tenderness.

* What counts as an ounce of protein foods? 1 ounce lean meat, poultry, or seafood; 1 egg; ¼ cup cooked beans or peas; ½ ounce nuts or seeds; or 1 tablespoon peanut butter.
Build a healthy meal

Each meal is a building block in your healthy eating style. Make sure to include all the food groups throughout the day. Make fruits, vegetables, grains, dairy, and protein foods part of your daily meals and snacks. Also, limit added sugars, saturated fat, and sodium. Use the MyPlate Daily Checklist and the tips below to meet your needs throughout the day.

1. Make half your plate veggies and fruits
   Vegetables and fruits are full of nutrients that support good health. Choose fruits and red, orange, and dark-green vegetables such as tomatoes, sweet potatoes, and broccoli.

2. 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.

3. Don’t forget the dairy
   Complete your meal with a cup of fat-free or low-fat milk. You will get the same amount of calcium and other essential nutrients as whole milk but fewer calories. Don’t drink milk? Try a soy beverage (soy milk) as your drink or include low-fat yogurt in your meal or snack.

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

5. Avoid extra fat
   Using heavy gravies or sauces will add fat and calories to otherwise healthy choices. Try steamed broccoli with a sprinkling of low-fat parmesan cheese or a squeeze of lemon.

6. Get creative in the kitchen
   Whether you are making a sandwich, a stir-fry, or a casserole, find ways to make them healthier. Try using less meat and cheese, which can be higher in saturated fat and sodium, and adding in more veggies that add new flavors and textures to your meals.

7. 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 options that are lower in calories, saturated fat, and sodium.

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

9. Satisfy your sweet tooth in a healthy way
   Indulge in a naturally sweet dessert dish—fruit! Serve a fresh fruit salad or a fruit parfait made with yogurt. For a hot dessert, bake apples and top with cinnamon.

10. Everything you eat and drink matters
    The right mix of foods in your meals and snacks can help you be healthier now and into the future. Turn small changes in how you eat into your MyPlate, MyWins.
Choosing whole-grain foods

Whole grains are important sources of nutrients such as zinc, magnesium, B vitamins, and fiber. There are many choices available to make half your grains whole grains. But whole-grain foods should be handled with care. Over time and if not properly stored, oils in whole grains can cause spoilage. Consider these tips to select whole-grain products and keep them fresh to eat.

1. Search the label
   Whole grains can be an easy choice when preparing meals. Choose whole-grain breads, breakfast cereals, and pastas. Look at the Nutrition Facts labels and ingredients lists to find choices lower in sodium, saturated fat, and added sugars.

2. Look for the word “whole” at the beginning of the ingredients list
   Some whole-grain ingredients include whole oats, whole-wheat flour, whole-grain corn, whole-grain brown rice, and whole rye. Foods that say “multi-grain,” “100% wheat,” “high fiber,” or are brown in color may not be a whole-grain product.

3. Choose whole grains at school
   Prepare meals and snacks with whole grains at home so your kids are more likely to choose whole-grain foods at school.

4. Find the fiber on label
   If the product provides at least 3 grams of fiber per serving, it is a good source of fiber. If it contains 5 or more grams of fiber per serving, it is an excellent source of fiber.

5. Is gluten in whole grains?
   People who can’t eat wheat gluten can eat whole grains if they choose carefully. There are many whole-grain products, such as buckwheat, certified gluten-free oats or oatmeal, popcorn, brown rice, wild rice, and quinoa that fit gluten-free diet needs.

6. Check for freshness
   Buy whole-grain products that are tightly packaged and well sealed. Grains should always look and smell fresh. Also, check the expiration date and storage guidelines on the package.

7. Keep a lid on it
   When storing whole grains from bulk bins, use containers with tight-fitting lids and keep in a cool, dry location. A sealed container is important for maintaining freshness and reducing bug infestations.

8. Buy what you need
   Purchase smaller quantities of whole-grain products to reduce spoilage. Most grains in sealed packaging can be kept in the freezer.

9. Wrap it up
   Whole-grain bread is best stored at room temperature in its original packaging, tightly closed with a quick-lock or twist tie. The refrigerator will cause bread to lose moisture quickly and become stale. Properly wrapped bread will store well in the freezer.

10. What’s the shelf life?
    Since the oil in various whole-grain flours differs, the shelf life varies too. Most whole-grain flours keep well in the refrigerator for 2 to 3 months and in the freezer for 6 to 8 months. Cooked brown rice can be refrigerated 3 to 5 days and can be frozen up to 6 months.
be a fit kid
10 tips for being active every day

Fit kids are physically active and play for at least 1 hour every day. Look for ways to make physical activity a part of your day. Do activities that build your muscles, get your heart pumping, and make you feel good about yourself.

1. tie up your laces and walk
   Go for a walk around your neighborhood or walk to your friend's house instead of taking the bus or asking for a ride. Forget the elevator and take the stairs every chance you get! Remember to be safe by using sidewalks and crosswalks.

2. turn up the music
   Shake, rattle, and roll to your favorite songs. Turn on some hip hop, country, salsa, or pop music and move your body. Dancing is a great way to get some physical activity.

3. ride a bike
   Grab your helmet and safety gear and go for a bike ride. Ride your bike to school or grab your friends and enjoy a ride in the neighborhood.

4. join a team
   Show your team spirit and join a sport at your school or community center. There are tons of fun teams such as basketball, baseball, gymnastics, dancing, soccer, swimming, and tennis. Choose an activity that you like and have fun!

5. go out and play
   Ditch the TV and go outside with friends, family, and even your pets! Walk your dog. Make a snowman. Fly a kite. Have a Hula-Hoop contest. Play basketball with friends. Try jumping rope. Or simply play a game of tag.

6. dive right in!
   Go to your local indoor or outdoor pool and swim. Swim laps, play water games with friends, or have diving contests for fun.

7. get paid to be fit
   Earn extra cash by mowing lawns, washing cars, shoveling snow, or walking dogs for your family or for your neighbors. Listen to music while you work to keep you going.

8. try skating or skateboarding
   Grab your friends and go to a local park or indoor skating rink! It's easy to learn and a great way to be active while still having fun! Remember to wear your helmet and safety pads.

9. plant a garden
   Plant and grow flowers, fruits, and vegetables with your family, or even with your friends! Creating a garden is tough work and a good way to keep fit. Be sure to check on your plants and water them every day!

10. stuck inside?
    Play a game of hide-and-seek or plan a scavenger hunt in your house with friends and family. Another great way to stay active indoors is by doing crunches and jumping jacks—see how many you can complete!

Go to www.ChooseMyPlate.gov for more information.
WORD SCRAMBLE-WHOLE GRAINS

Grab Some Grains!
Unscramble the words and place the correct spelling in the boxes. Copy the letters from the numbered boxes into the boxes at the bottom of the page with the same number to decode the hidden message.

PCNROPO

NRBOW ICER

LEISUM

EKAWTBHCU

HOEWL TEWAB ADER

TEAMALO

LEWOH NIAGR YABELR

1 2 3 4 5 6 7 8 9 10 11 12 13 14

Adapted from
Team Up At Home Team Nutrition Activity Book

Answer key: popcorn, brown rice, whole grain bread, whole wheat bread, oatmeal, whole grain barley, amaranth, buckwheat