

EAT RIGHT!
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2005 FOOD PYRAMID



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Contents

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Summary

Every five years the USDA confers with leading nutrition experts to recommend the healthiest diet. The 2005 version of the guidelines and food pyramid emphasizes the importance of physical activity and eating nutrient dense foods.

The pyramid still has carbs as the major source of calories. But it does point out that not all carbs are the same and suggests at least three servings of whole grains daily. The guidelines recognize that not all carbs, fats, and sugars are the same. Viewers will learn how to tell the “good guys” from the “bad guys.”

The new pyramid suggests four to six servings daily of both fruits AND vegetables and makes it clear that doesn't mean apples, iceberg lettuce, and french fries.

The new guidelines deal with added sugars and still suggest low or no fat dairy options.

DVD Bonus Material

The DVD version of **Eat Right!** contains bonus print material (in PDF format) including:

- A complete copy of the 80 page *Dietary Guidelines For Americans 2005*.
- A printable miniposter,
- *MyPyramid For Educators* — a detailed report on how to put the new pyramid into practice.
- *A Sample Menu*.

To access this bonus material:

For Windows

Windows PCs will need a copy of Acrobat Reader, which may already be installed. If it is not installed, go to www.adobe.com to download a copy.

1. Insert the DVD into the drive.
2. From the **START** menu, select **RUN**.
3. From the **RUN** window, enter **D:** and click **OK**. (Where “D” is the letter of your DVD drive.)
4. You will see a short list of files.
5. Double-click on the file to open it.

For Macintosh

1. Insert the DVD into the drive
2. Open the Finder. Click on your DVD drive.
3. You will see a short list of files.
4. Double-click on the file to open it.

Eating Right Suggestions

1. Tips To Help You Eat Whole Grains

- To eat more whole grains, substitute a whole-grain product for a refined product – such as eating whole-wheat bread instead of white bread or brown rice instead of white rice. It's important to *substitute* the whole-grain product for the refined one, rather than *adding* the whole-grain product.
 - For a change, try brown rice or whole-wheat pasta. Try brown rice stuffing in baked green peppers or tomatoes and whole-wheat macaroni in macaroni and cheese.
 - Use whole grains in mixed dishes, such as barley in vegetable soup or stews and bulgur wheat in casserole or stir-fries.
 - Create a whole grain pilaf with a mixture of barley, wild rice, brown rice, broth and spices. For a special touch, stir in toasted nuts or chopped dried fruit.
 - Experiment by substituting whole wheat or oat flour for up to half of the flour in pancake, waffle, muffin or other flour-based recipes. They may need a bit more leavening.
 - Use whole-grain bread or cracker crumbs in meatloaf.
 - Try rolled oats or a crushed, unsweetened whole grain cereal as breading for baked chicken, fish, veal cutlets, or eggplant parmesan.
 - Try an unsweetened, whole grain ready-to-eat cereal as croutons in salad or in place of crackers with soup.
- Freeze leftover cooked brown rice, bulgur, or barley. Heat and serve it later as a quick side dish.

As Snacks:

- Snack on ready-to-eat, whole grain cereals such as toasted oat cereal.
 - Add whole-grain flour or oatmeal when making cookies or other baked treats.
 - Try a whole-grain snack chip, such as baked tortilla chips.
- Popcorn, a whole grain, can be a healthy snack with little or no added salt and butter.

What to Look for on the Food Label:

- Choose foods that name one of the following whole-grain ingredients *first* on the label's ingredient list:



- Foods labeled with the words “multi-grain,” “stone-ground,” “100% wheat,” “cracked wheat,” “seven-grain,” or “bran” are usually *not* whole-grain products.
- Color is not an indication of a whole grain. Bread can be brown because of molasses or other added ingredients. Read the ingredient list to see if it is a whole grain.
- Use the Nutrition Panel and choose products with a higher % Daily Value (%DV) for fiber – the %DV for fiber is a good clue to the amount of whole grain in the product.
- Read the food label's ingredient list. Look for terms that indicate added sugars (sucrose, high-fructose corn syrup, honey, and molasses) and oils (partially hydrogenated vegetable oils) that add extra calories. Choose foods with fewer added sugars, fats, or oils.
- Most sodium in the food supply comes from packaged foods. Similar packaged foods can vary widely in sodium content, including breads. Use the Nutrition Panel to choose foods with a lower % DV for sodium. Foods with less than 140 mg sodium per serving can be labeled as low sodium foods. Claims such as “low in sodium” or “very low in sodium” on the front of the food label can help you identify foods that contain less salt (or sodium).

2. Tips to Help You Eat Vegetables

In general:

- Buy fresh vegetables in season. They cost less and are likely to be at their peak flavor.
 - Stock up on frozen vegetables for quick and easy cooking in the microwave.
 - Buy vegetables that are easy to prepare. Pick up pre-washed bags of salad greens and add baby carrots or grape tomatoes for a salad in minutes. Buy packages of such as baby carrots or celery sticks for quick snacks.
 - Use a microwave to quickly “zap” vegetables. White or sweet potatoes can be baked quickly this way.
 - Vary your veggie choices to keep meals interesting.
- Try crunchy vegetables, raw or lightly steamed.

For the best nutritional value:

- Select vegetables with more potassium often, such as sweet potatoes, white potatoes, white beans, tomato products (paste, sauce, and juice), beet greens, soybeans, lima beans, winter squash, spinach, lentils, kidney beans, and split peas.
- Sauces or seasonings can add calories, fat, and sodium to vegetables. Use the Nutrition Panel to compare the calories and % Daily Value for fat and sodium in plain and seasoned vegetables.
- Prepare more foods from fresh ingredients to lower sodium. Most sodium in the food supply comes from packaged or processed foods. Buy canned vegetables labeled “no salt added.” If you want to add a little salt it will likely be less than the amount in the regular canned product.

At meals:

- Plan some meals around a vegetable main dish, such as a vegetable stir-fry or soup. Then add other foods to complement it.
- Try a main dish salad for lunch. Go light on the salad dressing.

- Include a green salad with your dinner every night.
- Shred carrots or zucchini into meatloaf, casseroles, quick breads, and muffins.
- Include chopped vegetables in pasta sauce or lasagna.
- Order a veggie pizza with toppings like mushrooms, green peppers, and onions, and ask for extra veggies.
- Use pureed, cooked vegetables such as potatoes to thicken stews, soups and gravies. These add flavor, nutrients, and texture. Grill vegetable kabobs as part of a barbecue meal. Try tomatoes, mushrooms, green peppers, and onions.

3. Tips To Help You Eat Fruits

- Keep a bowl of whole fruit on the table, counter, or in the refrigerator.
- Refrigerate cut-up fruit to store for later.
- Buy fresh fruits in season when they may be less expensive and at their peak flavor.
- Buy fruits that are dried, frozen, and canned (in water or juice) as well as fresh, so that you always have a supply on hand.

Consider convenience when shopping. Buy pre-cut packages of fruit (such as melon or pineapple chunks) for a healthy snack in seconds. Choose packaged fruits that do not have added sugars.

For the best nutritional value:

- Make most of your choices whole or cut-up fruit rather than juice, for the benefits dietary fiber provides.
 - Select fruits with more potassium often, such as bananas, prunes and prune juice, dried peaches and apricots, cantaloupe, honeydew melon, and orange juice.
 - When choosing canned fruits, select fruit canned in 100% fruit juice or water rather than syrup.
- Vary your fruit choices. Fruits differ in nutrient content.

At meals:

- At breakfast, top your cereal with bananas or peaches; add blueberries to pancakes; drink 100% orange or grapefruit juice. Or, try a fruit mixed with low-fat or fat-free yogurt.
- At lunch, pack a tangerine, banana, or grapes to eat, or choose fruits from a salad bar. Individual containers of fruits like peaches or applesauce are easy and convenient.
- At dinner, add crushed pineapple to coleslaw, or include mandarin oranges or grapes in a tossed salad.
- Make a Waldorf salad, with apples, celery, walnuts, and dressing.
- Try meat dishes that incorporate fruit, such as chicken with apricots or mango chutney.
- For dessert, have baked apples, pears, or a fruit salad.

As snacks:

- Cut-up fruit makes a great snack. Either cut them yourself, or buy pre-cut packages of fruit pieces like pineapples or melons. Or, try whole fresh berries or grapes.
 - Dried fruits also make a great snack. They are easy to carry and store well. Because they are dried, $\frac{1}{4}$ cup is equivalent to $\frac{1}{2}$ cup of other fruits.
 - Keep a package of dried fruit in your desk or bag. Some fruits that are available dried include apricots, apples, pineapple, bananas, cherries, figs, dates, cranberries, blueberries, prunes (dried plums), and raisins (dried grapes).
 - As a snack, spread peanut butter on apple slices or top frozen yogurt with berries or slices of kiwi fruit.
- Frozen juice bars (100% juice) make healthy alternatives to high-fat snacks.

Make fruit more appealing:

- Many fruits taste great with a dip or dressing. Try low-fat yogurt or pudding as a dip for fruits like strawberries or melons.
- Make a fruit smoothie by blending fat-free or low-fat milk or yogurt with fresh or frozen fruit. Try bananas, peaches, strawberries, or other berries.
- Try applesauce as a fat-free substitute for some of the oil when baking cakes.
- Try different textures of fruits. For example, apples are crunchy, bananas are smooth and creamy, and oranges are juicy.
- For fresh fruit salads, mix apples, bananas, or pears with acidic fruits like oranges, pineapple, or lemon juice to keep them from turning brown.

4. Tips For Wise Dairy Food Choices

- Include milk as a beverage at meals. Choose fat-free or low-fat milk.
- If you usually drink whole milk, switch gradually to fat-free milk, to lower saturated fat and calories. Try reduced fat (2%), then low-fat (1%), and finally fat-free (skim).
- If you drink cappuccinos or lattes—ask for them with fat-free (skim) milk.
- Add fat-free or low-fat milk instead of water to oatmeal and hot cereals
- Use fat-free or low-fat milk when making condensed cream soups (such as cream of tomato).
- Have fat-free or low-fat yogurt as a snack.
- Make a dip for fruits or vegetables from yogurt.
- Make fruit-yogurt smoothies in the blender.

- For dessert, make chocolate or butterscotch pudding with fat-free or low-fat milk.
- Top cut-up fruit with flavored yogurt for a quick dessert.
- Top casseroles, soups, stews, or vegetables with shredded low-fat cheese.
- Top a baked potato with fat-free or low-fat yogurt.

5. Choices From the Meat and Bean Group Wise Protein

- Start with a lean choice
 - The leanest beef cuts include round steaks and roasts (round eye, top round, bottom round, round tip), top loin, top sirloin, and chuck shoulder and arm roasts.
 - The leanest pork choices include pork loin, tenderloin, center loin, and ham.
 - Choose extra lean ground beef. The label should say at least “90% lean”. You may be able to find ground beef that is 93% or 95% lean.
 - Buy skinless chicken parts, or take off the skin before cooking.
 - Boneless skinless chicken breasts and turkey cutlets are the leanest poultry choices.
 - Choose lean turkey, roast beef, ham, or low-fat luncheon meats for sandwiches instead of luncheon meats with more fat, such as regular bologna or salami.
 - Trim away all of the visible fat from meats and poultry before cooking.
 - Broil, grill, roast, poach, or boil meat, poultry, or fish instead of frying.
 - Drain off any fat that appears during cooking.
 - Skip or limit the breading on meat, poultry, or fish. Breading adds fat and calories. It will also cause the food to soak up more fat during frying.
 - Prepare dry beans and peas without added fats.
- Choose and prepare foods without high fat sauces or gravies.

Vary your protein choices:

- Choose fish more often for lunch or dinner. Look for fish rich in omega-3 fatty acids, such as salmon, trout, and herring. Some ideas are:
 - Salmon steak or filet
 - Salmon loaf
 - Grilled or baked trout
- Choose dry beans or peas as a main dish or part of a meal often.

Some choices are:

- Chili with kidney or pinto beans
 - Stir-fried tofu
 - Split pea, lentil, minestrone, or white bean soups
 - Baked beans
 - Black bean enchiladas
 - Garbanzo or kidney beans on a chef's salad
 - Rice and beans
 - Veggie burgers or garden burgers
 - Hummus (chickpeas) spread on pita bread
 - Choose nuts as a snack, on salads, or in main dishes. Use nuts to replace meat or poultry, not in addition to these items:
 - Use pine nuts in pesto sauce for pasta.
 - Add slivered almonds to steamed vegetables.
 - Add toasted peanuts or cashews to a vegetable stir fry instead of meat.
 - Sprinkle a few nuts on top of low-fat ice cream or frozen yogurt.
- Add walnuts or pecans to a green salad instead of cheese or meat.

What to look for on the Food Label:

- Check the Nutrition Panel for the saturated fat, *trans* fat, cholesterol, and sodium content of packaged foods.
- Processed meats such as hams, sausages, frankfurters, and luncheon or deli meats have added sodium. Check the ingredient and Nutrition Facts label to help limit sodium intake.
- Fresh chicken, turkey, and pork that have been enhanced with a salt-containing solution also have added sodium. Check the product label for statements such as “self-basting” or “contains up to ___% of ___.”
- Lower fat versions of many processed meats are available. Look on the Nutrition Facts label to choose products with less fat and saturated fat.

6. Tips for increasing physical activity

Make physical activity a regular part of the day

Choose activities that you enjoy and can do regularly. Fitting activity into a daily routine can be easy—such as taking a brisk 10 minute walk to and from the parking lot, bus stop, or subway station. Or, join an exercise class. Keep it interesting by trying something different on alternate days. What's important is to be active most days of the week and make it part of daily routine. For example, to reach a 30-minute goal for the day, walk the dog for ten minutes before and after work, and add a 10 minute walk at lunchtime. Or, swim three times a week and take a yoga class on the other days. Make sure to do at least ten minutes of the activity at a time, shorter bursts of activity will not have the same health benefits. To be ready anytime, keep some comfortable clothes and a pair of walking or running shoes in the car and at the office.

More ways to increase physical activity

At home:

- Join a walking group in the neighborhood or at the local shopping mall. Recruit a partner for support and encouragement.
- Push the baby in a stroller.
- Get the whole family involved—enjoy an afternoon bike ride with your kids.
- Walk up and down the soccer or softball field sidelines while watching the kids play.
- Walk the dog—don't just watch the dog walk.
- Clean the house or wash the car.
- Walk, skate, or cycle more, and drive less.
- Do stretches, exercises, or pedal a stationary bike while watching television.
- Mow the lawn with a push mower.
- Plant and care for a vegetable or flower garden
- Play with the kids—tumble in the leaves, build a snowman, splash in a puddle, or dance to favorite music.

At work:

- Get off the bus or subway one stop early and walk or skate the rest of the way.
- Replace a coffee break with a brisk 10-minute walk. Ask a friend to go with you.
- Take part in an exercise program at work or a nearby gym. Join the office softball or bowling team.

At play:

- Walk, jog, skate, or cycle.
- Swim or do water aerobics.
- Take a class in martial arts, dance, or yoga.
- Golf (pull cart or carry clubs).
- Canoe, row, or kayak.
- Play racket ball, tennis, or squash.
- Ski cross-country or downhill.
- Play basketball, softball, or soccer.
- Hand cycle or play wheelchair sports.
- Take a nature walk.
- Most important – have fun while being active!

Eat Right Quiz

1. _____ A major change to the new food pyramid is to make very clear the importance of (A) avoiding carbs, (B) avoiding all kinds of fat, (C) daily exercise, (D) eating sufficient protein.
2. _____ Another important emphasis of the new guidelines concerns carbohydrates. The guidelines suggest (A) Avoid them, (B) prefer natural sugar over refined sugar, (C) prefer whole grains when possible over “enriched” flour, (D) use carbs only for about 25% of your calories.
3. _____ The guidelines suggest moderate to rigorous physical activity (A) for 30 minutes a day for those under 200 pounds and 60 minutes daily for those over 200 pounds, (B) 30 minutes a day at one time, (C) 30 minutes a day either at one time or in three 10 minute mini-workouts, (D) for at least 30 minutes a week.
4. _____ Which of these label claims shows the food contains all whole grains? (A) all natural, (B) stone ground organic wheat, (C) multi-grain goodness, (D) all of these, (E) none of these.
5. _____ The new guidelines recommend how much fruit each day? (A) one cup, (B) four to five cups, (C) three or four cups, (D) one and a half to two cups.
6. _____ Which of these is a serving of fruit? (A) A half cup of dried fruit, (B) a cup of canned fruit, (C) A cup of fruit juice, (D) all of these, (E) none of these.
7. _____ The guidelines recommends eating how much vegetables daily? (A) one and a half to three cup, (B) one cup, (C) four to six cups, (D) none.
8. _____ Which of these counts as a cup a vegetable? (A) a carrot, (B) a cup of cooked vegetables, (C) four ounces of vegetable juice, (D) all of these, (E) none of these.
9. _____ Which of these probably has the most nutrients in a serving? (A) a cup of iceberg lettuce, (B) a half cup french fries, (C) sweet potato, (D) apple.
10. _____ The main problem with added sugar is that (A) it is usually refined, (B) it provides calories without nutrients, (C) it interferes with insulin production, (D) it is calorie dense.
11. _____ A twelve ounce can of cola contains the equivalent of how much sugar? (A) three teaspoons, (B) five teaspoons, (C) seven teaspoons, (D) nine teaspoons.
12. _____ The guidelines suggest levels of daily calorie intake. For a teenager which of the following calorie counts would most likely be not enough for a day of healthful eating? (A) 1500 calories, (B) 1800 calories, (C) 2000 calories, (D) 2200 calories.

Quiz Answers

1. C — Daily exercise is now a visible part of the food pyramid.
2. C — Prefer whole grains. The guidelines suggest at least half your grains should be whole.
3. C — The guidelines recommend 30 minutes a day of moderate to vigorous exercise, but the activity does not have to be in one half hour time period.
4. E — None of these. Look for “100% whole wheat” if the food is a wheat product. Flour that is “organic” or “stone ground” or “all natural” is not necessarily whole.
5. D — One and a half to two cups daily. Two cups for calorie intakes of 2000-2600 and one and a half cups for calorie intakes of 1200-1400.
6. D — All of these describe a serving of fruit. A half cup of dried fruit counts as a cup because the drying process removes water and “condenses” the nutrients into a smaller package.
7. A — One and a half to three cups daily. Two cups of leafy greens counts as a cup because of the amount of space taken by air.
8. B — A cup is a cup. True, a very large carrot could count as a cup, but most are smaller.
9. C — A sweet potato.
10. B — It provides calories without nutrients.
11. D — Slightly over nine teaspoons.
12. A — 1,500 calories. Even a sedentary 13 year old girl should be at least 1,600 calories a day.

Resources

THE food pyramid resource is the website MYPYRAMID.GOV. Go to this website to create your semi-customized food pyramid. The customization is based on gender, age, and level of physical activity. You can print out your customized pyramid and use it as a roadmap to healthful eating.

The Web site offers sample menus for a complete week's meals at the 2,000 calorie a day level.

Once you've mastered the basic pyramid move on to MyPyramid Tracker. This interactive web module lets you compare your food choices to the pyramid ideal and analyzes your energy balance — your intake of calories versus those you're using. You can track your progress for over a year. The food database contains data on over eight thousand foods and six hundred physical activities.