Grain Group (Serving Size: 1 slice or 1 oz.)
- Whole Wheat Bread or Toast
- English Muffin
- Bagel
- Low Sugar Cereal
- Air-popped Popcorn
- Low fat Breadsticks
- Low fat Crackers
- Pretzels
- Pita Bread
- Rice Cakes
- Low fat Waffle
- Corn or Fat free Flour tortillas

Vegetable Group (Serving Size: 1/2 cup)
- Broccoli
- Cauliflower
- Carrots
- Cucumbers
- Jicama
- Zucchini
- Tomato Slices
- Salsa
- "Ants on a Log" (celery with peanut butter and raisins)

Fruit Group: (Serving Size: 1 small or 1/2-1/2 cup)
- Fresh Fruit is best!
- Canned fruit - No added Sugar
- Dried Fruit
- *Frozen Fruit

Milk Group (Serving Size: 4-8 oz. or 1/2-1 cup)
- Fat free or Low Fat (1%) Milk
- Low fat or Fat-Free/Sugar Free Yogurt
- Fat Free or Low fat Cottage cheese
- Fat Free/sugar free Frozen Yogurt
- Fat Free, Sugar-Free Pudding
- Soy Milk
- Fat Free or Low Fat Cheese

Meat Group
- Chicken, Turkey, Roast Beef (1 oz.)
- Tuna (1/4 cup)
- Beans (1/2 cup)
- Hardboiled Egg
- Soy Nuts

High Fat items:
- Peanut butter (Old Fashioned)
- Nuts (1/8 cup or 2 Tbsp.)
- Seeds (1 Tbsp.)

“Free Foods”
- Sugar-Free Gelatin
- Sugar Free Popsicles
- Fat-Free Whipped topping

* See Healthy Snack Recipes
**Muscle-building Exercises**

You don’t need to go to the gym to get exercise. Stomach crunches and push-ups are two simple exercises where you lift your body’s own weight. They really work!

**Basic Stomach crunch**

- Lie on your back on the floor, and bend your knees so your lower back presses against the floor.
- Clasp your hands behind your head.
- Slowly lift your shoulders a few inches off the floor. Do not pull with your hands. Feel your stomach muscles contract as you lift your shoulders.
- Slowly lower your shoulders back down to the floor.
- Repeat.

Can you do ten stomach crunches without stopping?

**Push-ups**

- Kneel on the floor. Put your hands on the floor slightly wider than your shoulders. Extend your legs behind you, so you are on your hands and toes. Keep your body stiff.
- Slowly lower yourself to the floor by bending your arms.
- Press your arms back until you are back up in the starting position.
- For an easier push-up, keep your knees on the floor.
- Repeat.

Can you do five straight push-ups without stopping?
Exercise Challenge Chart

Use this chart to track how many times you can do one type of exercise every day for one month.

Choose one exercise (like push-ups or sit-ups), and see how many you can do on day one. Mark the number on the chart. Then try the same exercise the next day, and mark that number on the chart. Do you see any improvement?

How Many?

<table>
<thead>
<tr>
<th>Day</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
<th>8</th>
<th>9</th>
<th>10</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9</td>
<td>10</td>
</tr>
</tbody>
</table>

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**Tips for Families**

**Eat Right**

1. **Make half your grains whole.** Choose whole-grain foods, such as whole-wheat bread, oatmeal, brown rice, and lowfat popcorn, more often.

2. **Vary your veggies.** Go dark green and orange with your vegetables—eat spinach, broccoli, carrots, and sweet potatoes.

3. **Focus on fruits.** Eat them at meals, and at snack time, too. Choose fresh, frozen, canned, or dried, and go easy on the fruit juice.

4. **Get your calcium-rich foods.** To build strong bones serve lowfat and fat-free milk and other milk products several times a day.

5. **Go lean with protein.** Eat lean or lowfat meat, chicken, turkey, and fish. Also, change your tune with more dry beans and peas. Add chick peas, nuts, or seeds to a salad; pinto beans to a burrito; or kidney beans to soup.

6. **Change your oil.** We all need oil. Get yours from fish, nuts, and liquid oils such as corn, soybean, canola, and olive oil.

7. **Don’t sugarcoat it.** Choose foods and beverages that do not have sugar and caloric sweeteners as one of the first ingredients. Added sugars contribute calories with few, if any, nutrients.

**Exercise**

1. **Set a good example.** Be active and get your family to join you. Have fun together. Play with the kids or pets. Go for a walk, tumble in the leaves, or play catch.

2. **Take the President’s Challenge as a family.** Track your individual physical activities together and earn awards for active lifestyles at www.presidentschallenge.org.

3. **Establish a routine.** Set aside time each day as activity time—walk, jog, skate, cycle, or swim. Adults need at least 30 minutes of physical activity most days of the week; children 60 minutes everyday or most days.

4. **Have an activity party.** Make the next birthday party centered on physical activity. Try backyard Olympics, or relay races. Have a bowling or skating party.

5. **Set up a home gym.** Use household items, such as canned foods, as weights. Stairs can substitute for stair machines.

6. **Move it!** Instead of sitting through TV commercials, get up and move. When you talk on the phone, lift weights or walk around. Remember to limit TV watching and computer time.

7. **Give activity gifts.** Give gifts that encourage physical activity—active games or sporting equipment.

**Have Fun!**
# MyPyramid Worksheet

Name: ____________________________

Check how you did yesterday and set a goal to aim for tomorrow

<table>
<thead>
<tr>
<th>Write In Your Choices From Yesterday</th>
<th>Food and Activity</th>
<th>Tip</th>
<th>Goal (Based On a 1800 Calorie Pattern)</th>
<th>List Each Food Choice In Its Food Group*</th>
<th>Estimate Your Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast:</td>
<td>Grains</td>
<td>Make at least half your grains whole grains.</td>
<td>6 ounce equivalents ([1 ounce equivalent is about 1 slice bread, 1 cup dry cereal, or ½ cup cooked rice, pasta, or cereal])</td>
<td></td>
<td>ounce equivalents</td>
</tr>
<tr>
<td>Lunch:</td>
<td>Vegetables</td>
<td>Color your plate with all kinds of great tasting veggies.</td>
<td>2⅓ cups ([Choose from dark green, orange, starchy, dry beans and peas, or other veggies])</td>
<td></td>
<td>cups</td>
</tr>
<tr>
<td>Snack:</td>
<td>Fruits</td>
<td>Make most choices fruit, not juice.</td>
<td>1½ cups</td>
<td></td>
<td>cups</td>
</tr>
<tr>
<td>Dinner:</td>
<td>Milk</td>
<td>Choose fat-free or lowfat most often.</td>
<td>3 cups ([1 cup yogurt or 1½ ounces cheese = 1 cup milk])</td>
<td></td>
<td>cups</td>
</tr>
<tr>
<td>Weight and Beans</td>
<td>Choose lean meat and chicken or turkey. Vary your choices—more fish, beans, peas, nuts, and seeds.</td>
<td>5 ounce equivalents ([1 ounce equivalent is 1 ounce meat, chicken or turkey, or fish, 1 egg, 1 T. peanut butter, ½ ounce nuts, or ¼ cup dry beans])</td>
<td></td>
<td>ounce equivalents</td>
<td></td>
</tr>
<tr>
<td>Physical activity:</td>
<td>Physical Activity</td>
<td>Build more physical activity into your daily routine at home and school.</td>
<td>At least 60 minutes of moderate to vigorous activity a day or most days.</td>
<td></td>
<td>minutes</td>
</tr>
</tbody>
</table>

How did you do yesterday?  
☐ Great  ☐ So-So  ☐ Not So Great

My food goal for tomorrow is: ________________________________________________________________

My activity goal for tomorrow is: ________________________________________________________________

* Some foods don’t fit into any group. These “extras” may be mainly fat or sugar—limit your intake of these.

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Use MyPyramid to Make Healthy Choices

**Physical Activity**
Be physically active for at least 30 minutes most days of the week.

**For additional resources, visit dairycouncilofca.org and mealsmatter.org**

**Oils & Extras**
Make most of your fat choices from fish, nuts and vegetable oils. Limit your intake of "extra" foods that are mainly fat or sugar.

**Grains**
- 6 oz. everyday*
  - 1 oz. = 1 slice bread, 1 cup dry cereal, or 1/2 cup rice or pasta
- Make at least half of your grains whole grains

**Vegetables**
- 2 1/2 cups everyday*
  - Choose dark green, orange and starchy vegetables as well as dry beans and peas
- Try to vary your vegetable choices each day

**Fruits**
- 2 cups everyday*
  - Vary between fresh, frozen or canned without added sugar
- Make most choices whole fruit

**Milk & Milk Products**
- 3 cups everyday*
  - 2 cups for kids aged 2-8
  - 1 cup = 1 1/2 oz. hard cheese, 2 oz. processed cheese
- Choose fat-free or low-fat most often when you choose milk, yogurt and other milk products

**Meats & Beans**
- 5 1/2 oz. everyday*
  - 1 oz. = 1 oz. meat, fish or poultry, 1 Tbsp. peanut butter, 1/2 oz. nuts, 1/4 cup dry beans
- Choose lean meat and poultry. Vary your choices - more fish, beans, nuts and seeds

*Recommended amounts based on a 2,000 calorie diet
Enjoy a Healthy Lifestyle
Tips for following the 2005 Dietary Guidelines for Americans

The new 2005 Dietary Guidelines are the blueprint for a healthy lifestyle. Reducing calories, making wiser food choices and exercising more are the keys.

Specifically, you should:
- Eat more nutrient-packed foods like low-fat or nonfat dairy foods, fruits and vegetables, and whole grains
- Be physically active for at least 30 minutes most days of the week

**Low-fat or Nonfat Dairy**

3 cups daily
1 cup = 1 cup of low-fat/nonfat milk or yogurt, 1 1/2 ounces of low-fat or nonfat cheese

Tips:
- Enjoy a latte by adding a cup of milk to espresso or strong coffee
- Add a slice of cheese to a sandwich
- Stock up on string cheese and yogurts for lunches and snacks
- Start your day with dairy: whole-grain cereal and milk or fruit and yogurt
- Make a smoothie with a cup of yogurt, your favorite fruit and ice

**Fruits and Vegetables**

4 1/2 cup fruits/vegetables
1 cup = 1 cup fruits/vegetables, 1 large apple, 2 cups leafy salad greens

Tips:
- Spruce up a sandwich by adding grated carrots
- Add a serving of broccoli or steamed vegetables at dinner
- When eating out, swap french fries for a serving of plain vegetables or a salad – even fast food restaurants now offer this!
- Enjoy vegetable sticks with low-fat yogurt dip, cottage cheese or hummus

**Whole Grains**

At least 3 ounces whole grains
1 ounce = 1 slice of whole-grain bread, 1 cup whole-grain cereal, 1/2 cup of cooked brown rice or whole-wheat pasta

Tips:
- Choose whole-grain breakfast cereal
- Use whole-grain bread or a roll for your sandwich
- Stock your pantry with brown rice and low-fat, whole-grain crackers
- Put some crunch in your yogurt by adding a whole-grain cereal or granola

**Ways to Get Moving**

Find a balance between food and physical activity. Be physically active 30 minutes most days for overall good health, 60 minutes to prevent weight gain.

Tips:
- Take the stairs instead of the elevator
- Ride a stationary bike while you watch TV
- Walk around the block on your lunch hour or during a break
- Walk while doing errands
- Take dance lessons or an aerobics class
- Buy an exercise or yoga video (and use it)

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For more tips, recipes and meal ideas, visit www.mealsmatter.org
Cómo Elegir Opciones Saludables Usando MiPirámide

**ACTIVIDAD FÍSICA**
Practique alguna actividad física al menos 30 minutos al día, la mayoría de los días de la semana.

---

**GRANOS**
6 onzas diariamente*
1 oz. = 1 rebanada de pan, 1 taza de cereal seco, o ½ taza de arroz o pasta
Asegúrese de que al menos la mitad de los granos que consume sean enteros.

---

**VEGETALES**
2 ½ tazas diariamente*
Elija vegetales verde oscuro, anaranjados y los que contienen almidón, así como frijoles y chícharos secos.
Trate de variar diariamente sus vegetales.

---

**FRUTAS**
2 tazas diariamente*
Varie entre frescas, congeladas o enlatadas sin azúcar adicional.
Prefiera las frutas enteras.

---

**LECHE Y PRODUCTOS LÁCTEOS**
3 tazas diariamente* 2 tazas para niños de 2-8 años
1 taza = 1 ½ onzas de queso duro, 2 onzas de queso procesado.
Cuando elija leche, yogurt o productos lácteos, prefiera la mayoría de las veces los bajos o libres de grasas.

---

**CARNES Y FRIJOLES**
5 ½ onzas diariamente*
1 onza = 1 oz. de carne, pescado o pollo, 1 cucharada de mantequilla de cacahuete, ½ oz. de nueces, ¼ de taza de frijoles secos.
Elija carne y pollo sin grasa. Varie sus opciones - más pescado, frijoles, nueces y semillas.

---

*Cantidad recomendadas con base a una dieta de 2,000 calorías.

Obtenga más recursos visitando dairycouncilofca.org y mealsmatter.org

**ACEITES Y EXTRAS**
Prefiera obtener sus aportaciones de grasa del pescado, las nueces y los aceites vegetales. Límite su ingesta de alimentos “extra” que contienen grasa o azúcar en gran cantidad.
Disfrute un Estilo de Vida Saludable

La nueva Guía Dietética 2005 es la base para llevar un estilo de vida saludable. La clave es reducir calorias, elegir inteligentemente sus opciones de alimentos y ejercitarse más.

**Especificamente se recomienda que usted:**
- Consuma mayor cantidad de alimentos ricos en nutrientes, tales como productos lácteos sin grasa o con grasa reducida, frutas o vegetales y granos enteros.
- Haga ejercicio al menos 30 minutos al día, la mayoría de los días de la semana.

**Productos Lácteos con Grasa Reducida o Sin Grasa**

3 tazas al día
1 taza = 1 taza de leche o yogurt con grasa reducida o sin grasa, 1 ½ onzas de queso con grasa reducida o sin grasa.

**Consejos:**
- Prepárese un café con leche añadiendo una taza de leche a su café espresso o a café cargado.
- Póngale queso a su sándwich.
- Tenga a la mano suficiente queso botanero y yogures para comer como bocadillo o con el almuerzo.
- Comience el día con productos lácteos: cereal integral con leche o frutas y yogurt.
- Prepárese un licuado con una taza de yogurt, su fruta favorita y hielo.

**Granos Enteros**

Mínimo 3 onzas de granos enteros
1 onza = 1 rebanada de pan de grano entero, 1 taza de cereal integral, ½ taza de arroz integral o una taza de pasta de trigo integral.

**Consejos:**
- Seleccione cereales integrales.
- Prepare su sandwich con pan integral.
- Mantenga en su alacena una buena cantidad de arroz integral y galletas integrales de grasa reducida.
- Disfrute su yogurt crujiente añadiéndole cereal integral o granola.

**Frutas y Vegetales**

4 ½ tazas de frutas/vegetales
1 taza = 1 taza de frutas/vegetales, 1 manzana grande, 2 tazas de ensalada de hojas verdes.

**Consejos:**
- Enriquezca su sandwich añadiéndole zanahoria rallada.
- Sirva con la cena una porción de brócoli o vegetales al vapor.
- Si come fuera de casa pida que le substituyan las papas fritas por vegetales al vapor o ensalada fresca – incluso los restaurantes de comida rápida ofrecen ahora esta opción!
- Disfrute vegetales crudos combinándolos con aderezo de yogurt bajo en grasa, requesón (queso cottage) o puré de garbanzos (hummus).

**Manténgase en Movimiento**

Procure encontrar el equilibrio entre la actividad física y la buena alimentación. Para tener buena salud, haga ejercicio al menos 30 minutos al día, la mayoría de los días de la semana, y 60 minutos si desea evitar subir de peso.

**Consejos:**
- Suba por las escaleras en lugar del elevador.
- Haga ejercicio en una bicicleta estacionaria mientras ve la televisión.
- Camine alrededor de la cuadra en su receso para comer o durante el tiempo de descanso que le dan en el trabajo.
- Si tiene asuntos que arreglar, hágalo a pie.
- Tome clases de baile o de ejercicios aeróbicos.
- Compre (y use) un vídeo de ejercicio o yoga.

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Para obtener más consejos, ideas de platillos y recetas, visite www.mealsmatter.org
**UNIT:** MY PYRAMID

**Objectives:** Practice for vigorous activity

**Asset Categories:** Constructive Use Of Time
Empowerment
Social Competencies

**Grades:** 3-4

**Equipment:** boundaries and start/stop signal

**P.E. Standard:** Grade 3 - 1.1 – Chase/Flee,
Grade 4 – 1.1 - 1.4 – Body Management

<table>
<thead>
<tr>
<th>ACTIVITY</th>
<th>INSTRUCTIONS</th>
<th>TEACHING OPTIONS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fat Tag</td>
<td>-Establish the boundaries in the space that will be used and inform the players that they may go in any direction, but must stay within the boundaries.</td>
<td>-Discuss safe tagging. Two to three finger tag. No pushing or shoving.</td>
</tr>
<tr>
<td></td>
<td>-All players except the tagger line up on the start line. The tagger will be in the middle of the play space.</td>
<td>-Try different movement patterns.</td>
</tr>
<tr>
<td></td>
<td>-When the tagger says “Fat Attack” move, dodge and fake within our boundaries and make it the end line to avoid being tagged.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>-If you are tagged, you become one of the fat attackers and try to tag others.</td>
<td></td>
</tr>
</tbody>
</table>
## Objective
Practice for vigorous activity

## Equipment
Boundaries and start/stop signal

## Grades
3-4

## Activity: Muscle Tag

- Select 3 to 4 players as taggers.
- Establish the boundaries in the space that will be used and inform the players that they may go in any direction, but must stay within the boundaries.
- Let’s start by walking around or play area.
- When I say “Muscle Tag” move, dodge and fake within our boundaries to avoid being tagged by “unhealthy muscles”.
- You are safe from unhealthy muscles by striking a muscle pose before you are tagged. Stand up and strike the pose! The pose can only be held for 4 seconds.
- If you are tagged, you become the unhealthy muscle, there are no tag backs.

## Teaching Options
- Discuss safe tagging. Two to three finger tag. No pushing or shoving.
- Try different movement patterns.
UNIT: MY PYRAMID  

Grades: 3-4

Objectives: Cooperation, Agility

Asset Categories: Constructive Use Of Time, Empowerment, Social Competencies

P.E. Standard: Grade 3 - 1.1 – Chase/Flee, Grade 4 – 1.1 - 1.4 – Body Management

<table>
<thead>
<tr>
<th>ACTIVITY</th>
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<th>TEACHING OPTIONS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pyramid Tag</td>
<td>-4 players per group within play area.</td>
<td>-Discuss safe tagging. Two to three finger tag. No pushing or shoving.</td>
</tr>
<tr>
<td></td>
<td>-Establish the boundaries in the space that will be used and inform the players that they must stay within the boundaries.</td>
<td>-Play until everyone has been a tagger.</td>
</tr>
<tr>
<td></td>
<td>-Have the groups number themselves 1-4.</td>
<td>-No diving through the triangle.</td>
</tr>
<tr>
<td></td>
<td>-Numbers 2-4 in the group form a triangle and join hands. # 1 is the first tagger.</td>
<td>-Try different movement patterns.</td>
</tr>
<tr>
<td></td>
<td>-The object is for # 1 to safely tag # 4. The triangle moves to protect # 4.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>-On start cue begin. On stop cue, switch taggers and those being tagged.</td>
<td></td>
</tr>
</tbody>
</table>