

Module

4

Tour de Health and Nutrition Facts

Eat Well & Keep Moving

Agenda

- **Getting acquainted while learning about the Principles of Healthy Living**
- **Nutrition tools for consumers**
- **The healthiest food choices from the five food groups and the Kid's Healthy Eating Plate**
- **Tour de Health game**

Eat Well & Keep Moving Health Goals: The Principles of Healthy Living

- Make the switch from sugary drinks to water.
- Choose colorful fruits and vegetables instead of junk food.
- Choose whole-grain foods and limit foods with added sugar.
- Choose foods with healthy fat, limit foods high in saturated fat, and avoid foods with trans fat.
- Eat a nutritious breakfast every morning.
- Be physically active every day for at least an hour.
- Limit TV and other recreational screen time to 2 hours or less per day.
- Get enough sleep to give the brain and body the rest they need.



Health Promotion Through Healthy Eating and Active Living

- **Food choices can affect our health positively or negatively.**
- **Our challenge is to provide nutritious and tasty foods to students so they can make healthy food choices.**
- **Our obligation is to offer the best food choices.**

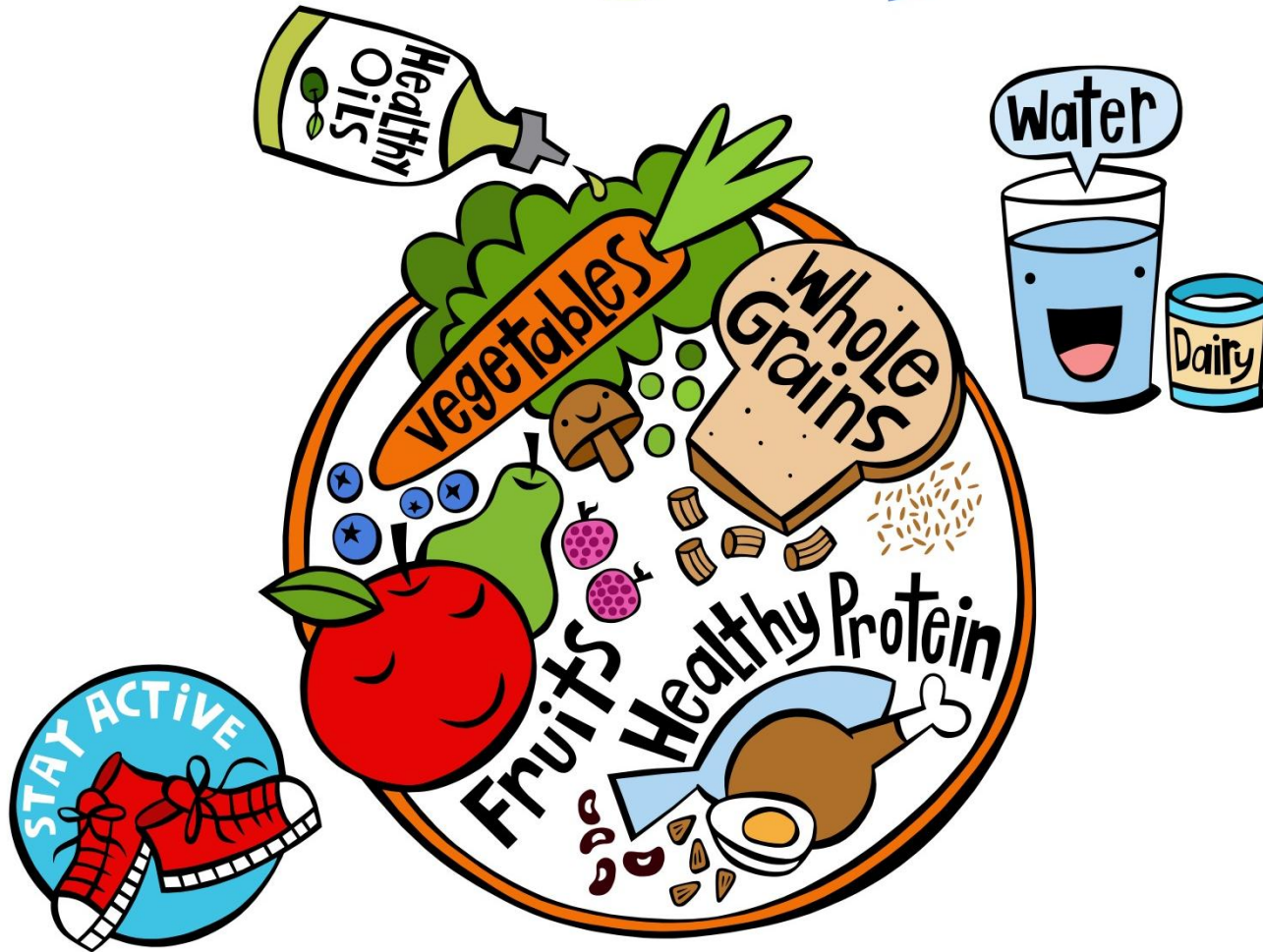
Nutrition Tools for Consumers

- ***Dietary Guidelines for Americans***
 - Nutrition and physical activity advice for healthy Americans aged 2 and up
 - Basis for school meals and National School Lunch Program
- **Nutrition Facts**
 - Food label
 - Provides nutrition information on individual foods

The Five Basic Food Groups

- **Vegetables**
- **Fruits**
- **Grains**
- **Protein**
- **Dairy**

Kid's Healthy Eating Plate



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Choose Colorful Fruits and Vegetables Instead of Junk Food

- **Fruits and vegetables provide vitamins, minerals, and carbohydrate.**
- **Choose fruits and vegetables in a rainbow of colors (choose especially dark-green and orange vegetables).**
- **Getting 5 or more servings each day can reduce the risk of diabetes, heart disease, obesity, and possibly some cancers.**

Fruits

- **Good source of vitamins A and C and potassium.**
- **Whole and sliced fruits have more fiber than juice and are better choices.**
- **One serving = 1 medium apple, banana, or orange; 1/2 cup chopped or cooked fruit; 1/4 cup of dried fruit, like raisins.**
- **Limit fruit juice to no more than 4-6 ounces per day.**

Vegetables

- **Good source of vitamins A and C, folate, iron, and magnesium**
- **High in fiber**
- **Choose a rainbow of colors, especially dark green and deep orange**
- **One serving = 1/2 cup cooked vegetables, 1 cup of leafy salad greens**

Grains:

Get Whole Grains and Sack the Sugar!

- **Grains contain carbohydrate, fiber, and some vitamins and minerals.**
- **Whole grains are the healthiest choices.**
- **Choose foods that list a whole grain as the first ingredient, and watch out for added sugar in the ingredients list.**
- **Examples of whole-grain foods include 100% whole-wheat bread and pasta, steel-cut oatmeal, whole-grain crackers and breakfast cereals, barley, brown rice, and quinoa.**

Protein

- **Contain protein, B vitamins, and minerals responsible for functions like building and repairing muscles and tissue.**
- **Choose healthy sources of protein, including nuts, seeds, beans, and peas, as well as fish, poultry, and vegetarian alternatives.**

Dairy

- **Dairy foods are needed in lower proportions than foods from the other groups**
- **Good source of calcium; also contains protein, riboflavin, and vitamins A and D**
- **Promotes strong bones and healthy teeth**
- **Choose unflavored milk, plain yogurt, or unsweetened dairy foods**
- **Those who cannot consume dairy can choose lactose-free milk or calcium-fortified nondairy alternatives such as unflavored and unsweetened rice milk or soy milk**

Combination and Processed Foods

- **Combination foods contain foods from more than one food group.**
- **Processed foods are prepared and packaged by manufacturers.**

A Balanced Diet

- **No single food supplies all needed nutrients.**
- **Choose a variety of foods from each group.**
- **Follow these guidelines to make the best choices:**
 - Choose colorful fruits and vegetables instead of junk food.
 - Choose whole-grain foods and limit foods with added sugar.
 - Make the switch from sugary drinks to water.
 - Choose foods with healthy fat, limit foods high in saturated fat, and avoid foods with trans fat.

Tour de Health

Questions?