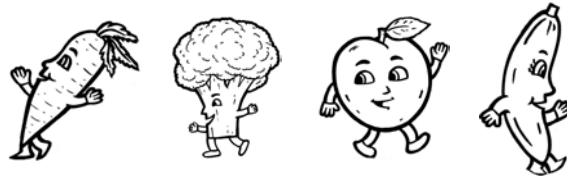


Food Moves



(Teacher's Guide)

Share with participants: ***"One thing you can do to feel better mentally and physically is to eat a healthy diet."***

All foods are not created equal. Some foods are better for us than others. No one food has all the life-giving nutrients we need. The secret is mixing and matching foods so we get the right amounts of nutrients and energy for growth and repair and physical activity. Many persons eat diets that don't supply enough nutrients and energy for them to be healthy, perform their best, and feel good. The Food Guide Pyramid is one of the best tools to help you improve your diet.

Ask participants: ***"If you were going to use the Food Guide Pyramid to help you eat healthier, what changes would you make to your diet?"*** (In your discussion, talk about the recommendations mentioned below for a healthier diet.)

Better Diets Include

- The Food Guide Pyramid recommends at least two servings of fruits and three servings of vegetables daily. They taste great and provide plenty of important nutrients like vitamins A and C. They make meals interesting and appealing. Fresh fruits and vegetables are naturally low in fat and sodium. In season, fresh fruits and vegetables can be inexpensive.
- The Food Guide Pyramid recommends at least six servings of breads cereals, rice, and pasta daily. Try to make most of these servings whole grains or cereals. Whole grain foods are tasty, nutritious and simple to prepare.
- The Food Guide Pyramid recommends at least two to three servings from the milk, yogurt and cheese group daily. Skim milk has all the nutrient of whole milk but without the fat. It has only 80 to 90 calories per 8-ounce glass compared to whole milk that has 160 calories per 8-ounce glass.

- The Food Guide Pyramid recommends at least two to three servings from the meat, poultry, fish, dry beans, eggs and nuts group. Choose lean cuts of meat and trim all visible fat from meats prior to cooking. Broil, roast or bake meats instead of frying.
- Season foods with herbs & spices instead of salt and fats.
- Snack on fruits, vegetables or whole grain foods. Limit your intake of sweets.

Ask participants: ***"Now that we know what our diet should look like, how do we go about making changes?"***

Moving On To Better Diets

- 1 Do a 24-hour food recall and have a University of Illinois Extension worker help you evaluate your diet using the Food Guide Pyramid. Do the 24-hour food recall again in a month, two months, and a year later and see what improvements you have made or changes you still need to make to your diet.
- 2 Use your diet evaluation to see what changes you may need to make in food selection and number of servings for each food group.
- 3 Practice planning meals that meet the recommendations of the Food Guide Pyramid.
- 4 Learn to prepare healthy foods in new ways so you can have more of these foods in your diet.
- 5 Mark on a calendar the number of servings you eat from each food group each day. Note how this changes over time.
- 6 Make a list of the FRESH fruits and vegetables that you and your family like to eat. Plan to have at least one or two of them on hand at all times.
- 7 Read food labels to make sure you are getting whole grains in your diet. Make sure whole grains appear first on the list of ingredients.

Ask participants: ***"You should now have some ideas on ways to improve your diet. What kind of goals could you set to make these changes?"***

Moves That Fit You (Goal Setting)

- ❖ Set a goal to find out the healthfulness of your own diet by keeping a food record.

- ❖ Set a goal to learn the recommended number of servings from each food group and move toward achieving those recommendations.

- ❖ Set a goal to try ____ new foods, particularly in the fruits, vegetables, and milk groups in the next week, month, and a year's time.

- ❖ Set a goal of using fresh fruits and vegetables as snacks in place of foods high in fat and sugar.

- ❖ Set realistic goals for improving your diet over a week, a month, and a year's time.

After discussing setting goals, have participants write two goals for themselves.

Set 2 goals for yourself:

1. _____

2. _____



University of Illinois * United States Department of Agriculture * Local Extension Councils Cooperating
University of Illinois Extension provides equal opportunities in programs and employment.
The Family Nutrition Program is funded with Food Stamp Administrative funds by the Food, Nutrition & Consumer Services of the U.S. Department of Agriculture.