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Nutrition Backpack

A New Food Pyramid?

Have you heard about the new updated Food Pyramid? The United States Department of Agriculture has made some very important and exciting changes to a symbol, which many Americans have come to associate with good nutrition. The pyramid has been brought into the 21st century with a new interactive website which provides a personalized approach to health and wellness.

Personalization

- A great new feature of the pyramid website is that it is interactive. By simply plugging in your age and gender, you will get a customized calorie goal, which breaks down recommended daily amounts for each food category. The food pyramid is no longer a one size fits all range of servings - that leaves you wondering what is best for you. This works for children and adults alike - it accepts all ages!

Steps to a Healthier You

- The new pyramid goes beyond stressing good nutrition. The pyramid logo includes the statement "Steps to a Healthier You", to emphasize the idea that health and wellness involves not only a nutritious diet, but also a physically active lifestyle.
- The Goal: Be physically active every day and reduce sedentary activities.
- Balance the calories you consume from food and beverages, with the calories you expend through physical activity. It is a balancing act. If you desire or need to lose weight you have to expend more calories throughout the day than you consume. Follow your recommended calorie level and get moving!

Variety, Proportionality and Moderation

- To get all the nutrients your body needs to be healthy - Eat foods from all food categories.
- Eat more nutrient dense foods (foods low in calories, but high in nutrition), such as fruits, vegetables, whole grains, lean protein and low fat or fat free dairy.
- Eat less of foods high in saturated or trans fats, added sugars, cholesterol, salt and alcohol.

To learn more about the pyramid and to personalize your eating plan go to:
<http://www.mypyramid.gov> Get started today!

Nutrition Backpack is updated monthly by our staff Registered Dietitian, for questions concerning your child's nutrition e-mail jenna.brunaugh@polk-fl.net.