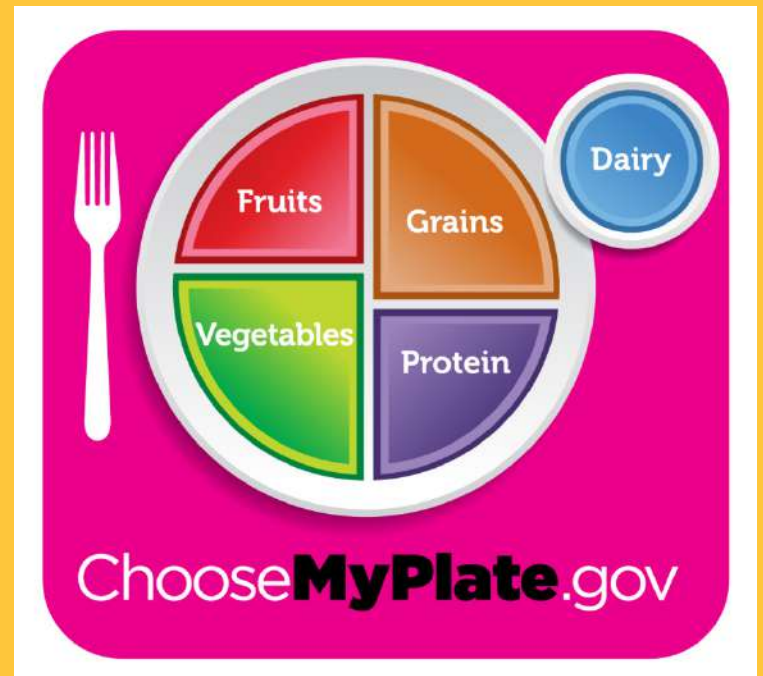


MYPLATE

PHYSICAL ACTIVITY



FOOD FACT

As Americans, it is recommended that we increase our intake of vegetables, fruits, whole grains, lowfat milk and dairy products, seafood and use oils in place of solid fats.



DEFINITIONS

Sedentary: lifestyle that includes only the light physical activity associated with typical day-to-day life.

Moderate: lifestyle that includes physical activity equivalent to walking about 1.5-3 miles per had at 3-4 mph, in addition to the physical activity associated with typical day-to-day life.

Active: lifestyle that includes physical activity equivalent to walking more than 3 miles per day at 3-4 mph.



CALORIC NEEDS BASED ON 3 THINGS....

Age

- Caloric needs change depending on age (discuss 9th grade policy)

Activity Level

- Calories in vs. Calories Out (if you burn more, you need more)

Gender

- Boys vs. girls (bodies, muscle, metabolism, processing of food, all different!)



PURPOSE OF THE “9TH GRADE RULE”

“Under the new rules, school meals will have calorie minimums and maximums per meal based on the child's age. For kindergarteners to fifth-graders, meals must contain 550 to 650 calories, and for 9th- to 12th-graders, meals must have 450 to 600 calories.”

<http://www.cnn.com/2012/01/25/health/usda-school-lunches/index.html>



WHAT'S THE PROBLEM?

- Is it completely accurate to just base nutrition on one factor?
- Why are all 3 factors needed?
- What could happen if we base caloric needs on only one or two factors?



YOUR CALORIE NEEDS

Gender Activity/ Level	Male/ Sedentary	Male/ Moderately Active	Male/ Active	Female/ Sedentary	Female/ Moderately Active	Female/ Active
Age						
14	2000	2400	2800	1800	2000	2400
15	2200	2600	3000	1800	2000	2400

- **Where do you find yourself?**
- **What can you do to improve? (We can ALL improve)**
- **What do these calorie needs mean?**



2 THINGS TO REMEMBER WITH CHOOSING FOODS

Calorie balance
(to maintain a
healthy weight)

Nutrient dense
foods (define...)



REDUCE YOUR:

Sodium

Added sugars

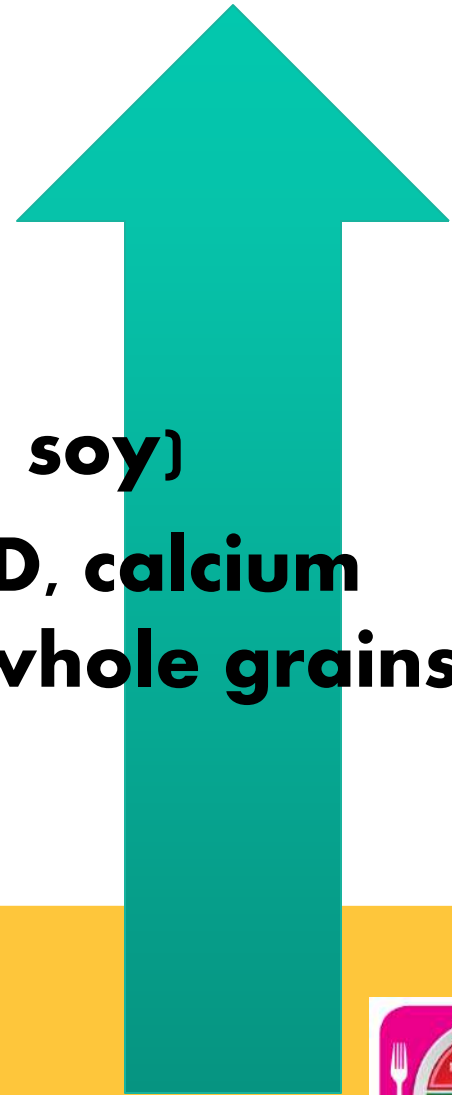
Solid fats

Refined grains



INCREASE YOUR:

- **Veggies and Fruits**
- **Whole grains**
- **Seafood**
- **Low fat dairy (or fortified soy)**
- **Potassium, fiber, vitamin D, calcium**
(found in veggies, fruits, whole grains
and milk products)
- **PHYSICAL ACTIVITY!**



REVIEW MYPLATE

FRUITS AND VEGETABLES: Half your plate!

- Veggies: Dark green, red, orange
- Fruit: eat seasonally, fresh is best!

GRAINS: At least $\frac{1}{2}$ are WHOLE!

PROTEIN: Make it lean (low fat) and varied. Seafood=8 oz.

DAIRY: Low fat (1%), calcium and vitamin D



BURN SOME CALORIES!

You must dance/move for 5 minutes.

By actively moving (aerobic activity), you will burn about 40 calories in 5 minutes..



6 NUTRIENTS

- **Carbohydrates**
- **Proteins**
- **Fats & Oils**
- **Vitamins**
- **Minerals**
- **Water**

CALORIES=ENERGY

Or more fat if you don't burn them!



NO CALORIES, BUT STILL ESSENTIAL



WHICH NUTRIENTS FOR WHICH GROUP?

