

Lesson 3

Following Nutrition Guidelines

Guide to Reading

● Building Vocabulary

As you read this lesson, write the four new highlighted terms and their definitions in your notebook.

- MyPyramid food guidance system (p. 243)
- calorie (p. 245)
- sodium (p. 246)
- foodborne illness (p. 247)

● Focusing on the Main Ideas

In this lesson, you will learn to:

- **explain** how to use the MyPyramid food guidance system.
- **identify** the names of the five main food groups in MyPyramid.
- **describe** recommendations from the *Dietary Guidelines for Americans*.

● Reading Strategy

Identifying Problems and Solutions Many people, including teens, develop unhealthy eating habits. Can you suggest some solutions to this problem? After reading, come back to this question. See if your answers have changed.

Guidelines for Healthy Eating

Choosing foods that provide the right nutrients can be a challenge. To help you meet this challenge, the United States Department of Agriculture (USDA) has created a program called the **MyPyramid food guidance system**. This is *a system designed to help Americans make healthful food choices*.

A Closer Look at MyPyramid

MyPyramid includes an illustration (see **Figure 10.3**) that shows a pyramid with six colored sections, each representing a different food group. A well-balanced eating plan should contain a variety of foods from the five main food groups. These are grains, vegetables, fruits, milk, and meat and beans. The sixth group, oils and other fats, should only be eaten in very small amounts. MyPyramid can help you develop a personalized eating plan based on your age, gender, and activity level.

Look at Figure 10.3. Notice the figure walking up the steps of the pyramid. The figure is there to remind you to make physical activity a part of your daily routine.

Reading Check

Identify What do the colored bands in MyPyramid represent?

Quick Write

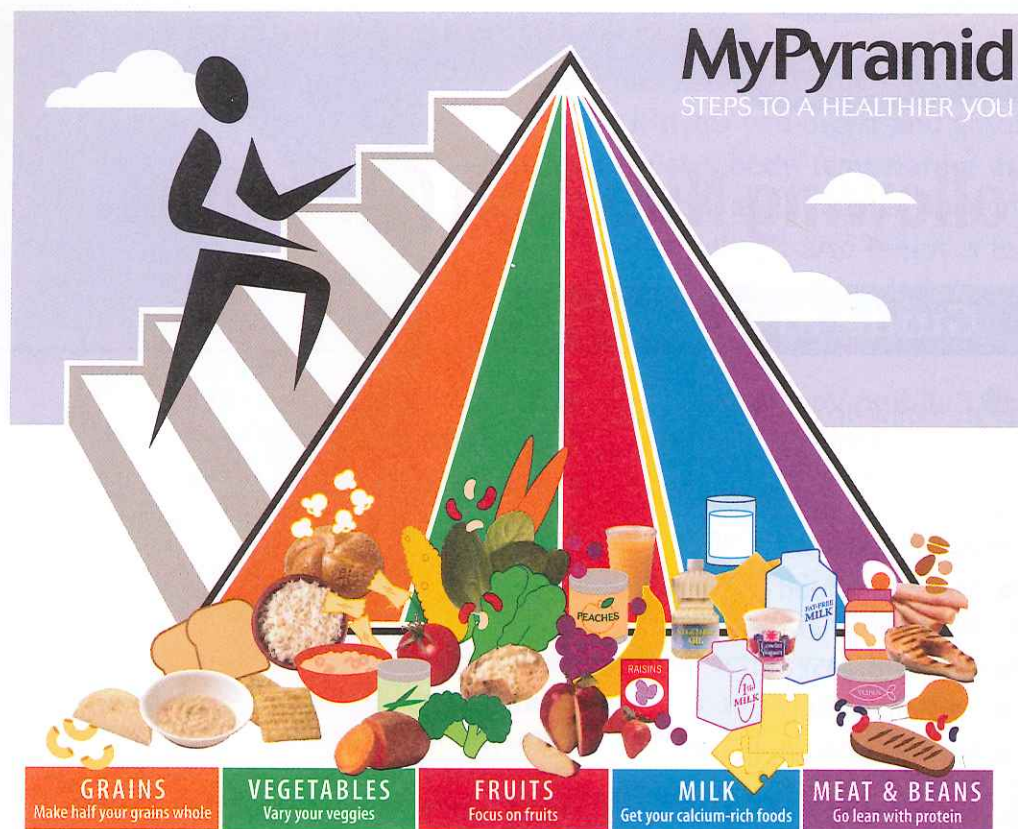
Describe your current eating habits in a short paragraph. Include a list of the foods you eat the most and the kinds of snacks you enjoy.

► **FIGURE 10.3**

MyPyramid

The goal of MyPyramid is to help you develop a healthy lifestyle.

What does the figure in the illustration remind you to do?



Other Guidelines for Good Health

MyPyramid reflects science-based advice from the *2005 Dietary Guidelines for Americans*. These guidelines were released by the U.S. Department of Agriculture (USDA) and the U.S. Department of Health and Human Services (HHS). The guidelines encourage people who are two years of age and older to develop healthful eating habits and increase their level of activity. Doing both improves health and reduces the risk of certain diseases.

Eat a Variety of Foods

Have you ever heard the expression, “Variety is the spice of life?” That means life is better when things are not always the same. Healthy eating includes choosing a variety of foods so that your body gets all the nutrients it needs. Ask a parent or guardian to help you create some meals and snacks that include a variety of healthy foods.

Eat More Fruits, Vegetables, and Whole Grains

When it comes to eating enough fruits, vegetables, and whole grains, many teens fall short. The guidelines recommend making half the grains you eat each day whole grains. Including leafy greens and colorful vegetables and fruits in your meals will make your food more attractive as well as more nutritious.

Balance the Calories You Consume with Physical Activity

Consume only as many calories as your body needs. A **calorie** is a unit of heat that measures the energy available in food. It also measures how much energy your body uses. Most teens need around 2,000 calories a day. If you are involved in regular, strenuous exercise such as running on your school's track team, you may need more. If you eat more calories than your body needs you could gain more weight than is healthy for your body.

Staying physically active will help you burn some of the calories you take in from food. **Figure 10.4** shows the relationship between calories consumed and calories burned.

Teens should be physically active for at least 60 minutes on most days. In addition to helping you maintain a healthy weight, physical activity builds strength, gives you energy, and helps you feel good about yourself.



Reading Check

Explain Why is physical activity important?

Limit Fats, Sugar, and Salt

Look at the MyPyramid illustration in Figure 10.3 again. Can you see the narrow yellow band? This category represents fats. A healthy choice for good nutrition is to limit your intake of oils, butter, salad dressing, and other high-fat foods. Many processed and prepared foods contain hidden fats. To find out how much fat a single serving of packaged food contains, read the Nutrition Facts

FIGURE 10.4

THE ENERGY "EQUATION"

You can burn off some of the calories you eat with physical activity. **What activities are you involved in that help your body burn calories?**

	Calories In		Calories Out	
3-Ounce Lean Cooked Hamburger Patty	245	=	227	Playing Frisbee
English Muffin with Egg, Cheese, and Ham	360		356	Mowing the Lawn
Corn Muffin	510		522	Riding Your Bike
Grilled Chicken Sandwich, Plain Baked Potato, and Bottled Water	640		647	Swimming

Health Online

Topic: MyPyramid

Visit health.glencoe.com for Student Web Activities that will help you develop a personal eating plan using MyPyramid.

Activity: Using the information from the link above, create a personal eating plan based on your age, gender, and activity level.

panel. A typical Nutrition Facts panel appears in **Figure 10.5**. Notice that this product contains a total of 12 grams (g) of fat. How much of this fat is saturated fat?

The *Dietary Guidelines* recommend that you limit added sugars and salt. One way to cut back on added sugars is to limit foods such as cookies, cake, candy, and regular soft drinks. Enjoy these sweet treats occasionally, rather than every day. Be aware that added sugars may be present in unexpected foods, such as salad dressings and many breakfast cereals.

Salt contains **sodium**, a nutrient that helps control the amount of fluid in your body. Too much sodium can lead to high blood pressure in some people. Once again, you can find out how much sodium a food has by checking the Nutrition Facts panel.

Reading Check Define What is sodium?

FIGURE 10.5

NUTRITION FACTS PANEL

Food labels provide important nutritional information that can help you make sensible food choices. **How many servings does this product contain?**

Nutrition Facts			
Serving Size 1 cup (226 g)			
Servings Per Container 2			
Amount Per Serving			
Calories 250		Calories from Fat 110	
		% Daily Value*	
Total Fat 12g			18%
Saturated Fat 3g			15%
Trans Fat 3g			
Cholesterol 30g			10%
Sodium 470mg			20%
Potassium 700mg			20%
Total Carbohydrate 31g			10%
Dietary Fiber 0g			0%
Sugar 10g			
Protein 5g			
Vitamin A			4%
Vitamin C			2%
Calcium			20%
Iron			4%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Keep Foods Safe to Eat

Foods must be handled and prepared properly in order to be safe to eat. If foods are improperly handled, they can become contaminated with bacteria that can cause illness. Also known as food poisoning, a **foodborne illness** is a sickness resulting from eating food that is not safe to eat. To maintain your health, it is important that you take steps to make sure your food is free from contamination.

The most important thing you can do to protect yourself against foodborne illness is to wash your hands with hot soapy water before handling food. Another way to keep foods safe to eat is by storing and preparing them at the right temperatures. In addition, use a separate cutting board and knife when cutting raw meat to avoid contaminating other foods.



- ▲ When food shopping, buy perishable foods last. Get them home and into the refrigerator promptly. **What are some other ways to prevent foodborne illness?**

Lesson 3 Review

After You Read

Review this lesson for new terms, major headings, and Reading Checks.

What I Learned

1. **Explain** Who created the MyPyramid food guidance system and what is its purpose?
2. **List** Name the five main food groups in the MyPyramid food guidance system. What does the sixth group represent?
3. **Identify** What are two things you can do to keep your foods safe from harmful bacteria?

Thinking Critically

4. **Synthesize** Explain how the MyPyramid food guidance system graphic is designed to help you know what foods to eat.

5. **Apply** Tom had a peanut butter sandwich and a glass of milk for lunch. Which food groups do these foods represent from the MyPyramid food guidance system? What else could Tom eat to add more food groups to his lunch?

Applying Health Skills

6. **Accessing Information** Check the Nutrition Facts panel of several snack foods you enjoy eating. Compare the nutrients in a single serving of each food and decide which one provides the most nutrients.