

Color You Healthy

You are the role model for the children in your class. Everyday and in every way they look at you as an example of how to act, how to eat and how to move. If you are excited about eating healthy and being active, chances are they will be too! This section of Color Me Healthy is dedicated to Color YOU Healthy. You give your time, energy and heart to your job and your children. Don't forget to take time for yourself, take care of yourself, eat healthy and stay physically active.

COLOR YOU HEALTHY INCLUDES:

- Re-Think Your Drink
- Enjoy More Fruits and Vegetables
- Prepare and Eat More Meals at Home
- Right-Size Your Portions
- Move More
- Tame the Tube
- Choose MyPlate





Re-Think Your Drink

Calories from beverages can add up quickly throughout the day.



Re-think your drink to cut calories from beverages.



Enjoy More Fruits and Vegetables

Eating plenty of fruits and vegetables is a good choice for weight loss/weight maintenance.

LOW IN CALORIES • PROVIDE A SENSE OF FULLNESS • HIGH IN FIBER

Use these strategies to increase fruit in your diet.

Keep plenty of fresh, frozen, canned and dried fruit on hand.

Take fresh fruit with you each day.

Add fruit to salads.

Add fruit to yogurt or cottage cheese.

Make tuna or chicken salad with grapes, pineapple chunks or grated apple.

Add fruit to meat kabobs.

Choose meat recipes that include fruit as an ingredient.

Serve fruit salad for dessert.

Keep individual cans of fruit in your desk drawer or car.

Make snack bags of fruit.

Keep a bowl of fresh fruit in the kitchen or at eye level in the refrigerator.

Use these strategies to increase vegetables in your diet.

Start your day with 100% vegetable juice.

Scramble eggs with green pepper, onions and mushrooms.

Add mushrooms, green pepper or sliced tomatoes to cheese toast before broiling.

Add vegetables to omelets.

Fill snack bags with vegetables.

Add vegetables to sandwiches.

Add more vegetables to soup.

Choose a salad often and serve a side salad with most evening meals.

Add cooked beans to salads and soups.

Serve main dishes that have lots of vegetables.

Keep frozen and canned vegetables on hand for quick meal additions.

Grill vegetables when you grill meat.



Use these strategies to make vegetable preparation easy.

- Buy pre-washed, pre-cut vegetables.
- Buy frozen vegetables.
- Buy canned vegetables.
- Prep vegetables all at once.

Use a variety of cooking techniques to make vegetables appealing.

Roast • Grill • Stir-fry • Steam • Raw



Prepare and Eat More Meals at Home



1. PLAN

Plan meals for your family for a week, two weeks or longer—whatever works for you.



2. SHOP

Make a list of all the food you will need for your meals. Shop for a week at a time and stick to your list.



3. FIX

Stick to your plan for your meals. Make simple healthy meals for your family.



4. EAT

Eat together as a family without the TV.

Strategies to eat healthy when eating out

Prepare before you go.

Check the menu before you go so you can plan what you will order. Choose a restaurant that you know offers healthy options.

Think before you order.

Read the menu carefully and choose a healthy option.

Control portions.

Split an entrée, order an appetizer as an entrée or take part of your meal home.

Choose healthier options.

Avoid menu items that use words such as crispy, creamy, sautéed, pan-fried, buttery, breaded, sauced or stuffed. Choose simple grilled or broiled seafood, chicken, pork or beef with no sauce or sauce on the side.

Fast-food survival guide

1. Order a kid's meal. You will get less food and fewer calories.
2. Share your meal with a family member or friend.
3. Hold the fries; choose fruit instead. If you do order fries, order a small.
4. Don't order the large burger.
5. Skip the combo meal.
6. Choose grilled chicken with no sauce or salads with low-fat or fat-free dressing.
7. Order a diet soft drink or water.
8. Choose fast food only occasionally. Eat and prepare more meals at home.





Check the Facts

Use the Nutrition Facts label to learn about the foods you are selecting.

Nutrition Facts			
Serving Size 1 cup (228g)			
Servings Per Container 2			
Amount Per Serving			
Calories 250		Calories from Fat 110	
		% Daily Value*	
Total Fat	12 g		18%
Saturated Fat	3g		15%
Trans Fat	3g		
Cholesterol	30mg		10%
Sodium	470mg		20%
Potassium	700mg		20%
Total Carbohydrate	31g		10%
Dietary Fiber	0g		0%
Sugars	5g		
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	80
Sat Fat	Less than	20g	25
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

- 1. Start here.** On this label, one serving equals one cup. If you ate the whole package you would eat two cups. That would be double the calories and other nutrients.
- 2. Check calories.** This part of the Nutrition Facts tells us how many calories are in one serving of this food and how many of those calories are from fat.
- 3. Limit these nutrients.** Eating too much fat, cholesterol or sodium may increase your risk of certain chronic diseases.
- 4. Get enough of these nutrients.** Eating enough of these nutrients can improve your overall health.
- 5. Quick guide to % Daily Value.** If the Daily Value is 5% or less, that means this food is low in that nutrient. If the value is 20% or more, then the food is a high source of that nutrient.
- 6. Footnote.** This footnote shows recommendations for a 2,000 calorie diet and a 2,500 calorie diet. This footnote will always be the same. It doesn't change from product to product because it shows recommended dietary advice for all Americans. It is not about a specific food product.

Definitions for terms commonly seen on food labels

Fat-free: Less than 0.5g of fat per serving

Low-fat: 3g of fat or less per serving

Reduced-fat: 25% less fat than the original product

Light/Lite: 50% less fat or 1/3 fewer calories than the original product

Keep It Safe

Clean

- Wash hands and all equipment, counters, cutting boards, dishes and utensils with soapy water.
- Make sanitizing solution by mixing 1 tablespoon chlorine bleach to 1 gallon warm (not hot) water.
- Sanitize all kitchen surfaces after cleaning.

Separate

- Keep meat separate from other foods when shopping.
- Use a separate cutting board for meats and vegetables. If you have only one cutting board, clean well with soapy water, then sanitize after using the board with meat.
- Always wash hands, cutting boards, and all utensils after coming in contact with raw meat, poultry or fish.

Cook

- Cook meats, poultry, eggs, fish and shellfish thoroughly.
- Reheat leftovers until steaming hot (165 degrees F).
- Bring sauces, soups and gravies to a boil when reheating.

Chill

- Refrigerate foods quickly. Do not leave food out more than one hour if the temperature outside is 90 degrees F or hotter.
- Thaw meats on the bottom shelf on a plate in the refrigerator. Never thaw meats on the counter.
- Thawing food in the microwave is acceptable. Plan to cook it immediately after thawing because some areas of the food may become warm and begin to cook during microwave defrosting.



How to Use a Food Thermometer

Using the color of meat as a guide to doneness is not effective. Use an instant-read thermometer to make sure meats are the correct temperature. Digital instant-read thermometers are the most accurate and can be found in grocery stores or discount stores.

1. Use a digital instant-read thermometer to check the internal temperature toward the end of the cooking time, but before the food is expected to be done.
2. The food thermometer should be placed in the thickest part of the food and should not be touching bone, fat or gristle.
3. Compare your thermometer reading to the USDA Recommended Safe Minimum Internal Temperatures to determine if your food has reached a safe temperature.
4. Make sure to clean your food thermometer with soapy water before and after each use.

There are many types of food thermometers. Follow the instructions for your food thermometer.



USDA Recommended Safe Minimum Internal Temperatures

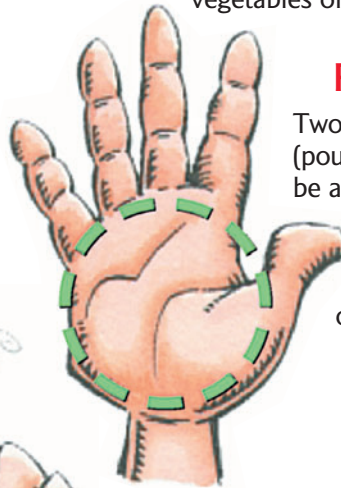
- Steaks and Roasts: 145 degrees F—higher for medium-well or well-done
- Ground Beef: 160 degrees F
- Chicken parts: 165 degrees F
- Whole poultry: 165 degrees F
- Pork: 160 degrees F
- Fish: 145 degrees F
- Egg dishes: 160 degrees F

Right-Size Your Portions



A fist or cupped hand = 1 cup

1 serving = 1/2 cup cereal, cooked pasta or rice
or 1 cup of raw, leafy green vegetables
or 1/2 cup of cooked or raw, chopped vegetables or fruit.

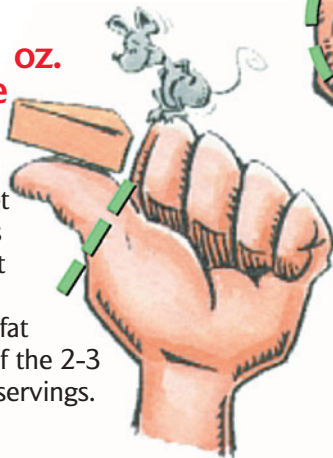


Palm = 3 oz. of meat

Two servings, or 6 oz., of lean meat (poultry, fish, shellfish, beef) should be a part of a daily diet. Measure the right amount with your palm. One palm size portion equals 3 oz., or one serving.

A thumb = 1 oz. of cheese

Consuming low-fat cheese is a good way to help you meet the required servings from the milk, yogurt and cheese group. 1 1/2 - 2 oz. of low-fat cheese counts as 1 of the 2-3 daily recommended servings.



Thumb tip = 1 teaspoon

Keep high-fat foods, such as peanut butter and mayonnaise, at a minimum by measuring the serving with your thumb. One teaspoon is equal to the end of your thumb, from the knuckle up.



Three teaspoons equals 1 tablespoon.



Handful = 1-2 oz. of snack food

Snacking can add up. Remember, 1 handful equals 1 oz. of nuts and small candies. For chips and pretzels, 2 handfuls equals 1 oz.



1 tennis ball = 1 serving of fruit

Healthy diets include 2-4 servings of fruit a day.

Because hand sizes vary, compare your fist size to an actual measuring cup.



Move More

How much physical activity is enough?

Adults need at least:

150 minutes every week

Moderate-intensity
aerobic activity

Brisk walking

OR

75 minutes every week

Vigorous-intensity
aerobic activity

Jogging or running

&

Muscle-strengthening activities
on 2 or more days a week that
work all major muscle groups
(legs, hips, back, abdomen, chest,
shoulders and arms)

or an equivalent combination of moderate- and vigorous-intensity activity

For even greater health benefits, adults should increase their activity to:

300 minutes every week

Moderate-intensity
aerobic activity

Brisk walking

OR

150 minutes every week

Vigorous-intensity
aerobic activity

Jogging or running

&

Muscle-strengthening activities
on 2 or more days a week that
work all major muscle groups
(legs, hips, back, abdomen, chest,
shoulders and arms)

or an equivalent combination of moderate- and vigorous-intensity activity

To achieve and maintain a healthy weight, the amount of calories consumed should not exceed calorie requirements.

Two ways to monitor your intensity

TALK TEST

Light Intensity: You should be able to sing.

Moderate Intensity: You should be able to carry on a conversation.

Vigorous Intensity: You become winded or too out-of-breath to carry on a conversation.

PERCEIVED EXERTION

Perceived exertion is how hard YOU feel that you are working. It is a way to be mindful of your

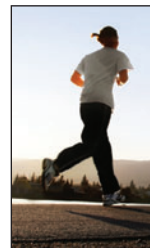
body and how you feel overall while doing an activity. When determining perceived exertion, think about your body all over, not just your legs or your breathing. Think about your overall effort and rate it on a scale from 0-10, with "0" being

nothing at all and "10" being the absolute maximum you can do. You want to feel like you are working, but not working so hard that you are in pain. Generally, an exertion of 5-6 is moderate-intensity activity and 7-8 is vigorous-intensity activity.

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Move More: A Sample Walking Program

	Warm up	Exercise	Cool down	Total time
WEEK 1				
Session A	Walk 5 min.	Walk briskly 5 min.	Walk more slowly 5 min.	15 min.
Session B	Repeat above pattern.			
Session C	Repeat above pattern.			
<i>Continue with at least three exercise sessions during each week of the program.</i>				
WEEK 2	Walk 5 min.	Walk briskly 7 min.	Walk 5 min.	17 min.
WEEK 3	Walk 5 min.	Walk briskly 9 min.	Walk 5 min.	19 min.
WEEK 4	Walk 5 min.	Walk briskly 11 min.	Walk 5 min.	21 min.
WEEK 5	Walk 5 min.	Walk briskly 13 min.	Walk 5 min.	23 min.
WEEK 6	Walk 5 min.	Walk briskly 15 min.	Walk 5 min.	25 min.
WEEK 7	Walk 5 min.	Walk briskly 18 min.	Walk 5 min.	28 min.
WEEK 8	Walk 5 min.	Walk briskly 20 min.	Walk 5 min.	30 min.
WEEK 9	Walk 5 min.	Walk briskly 23 min.	Walk 5 min.	33 min.
WEEK 10	Walk 5 min.	Walk briskly 26 min.	Walk 5 min.	36 min.
WEEK 11	Walk 5 min.	Walk briskly 28 min.	Walk 5 min.	38 min.
WEEK 12	Walk 5 min.	Walk briskly 30 min.	Walk 5 min.	40 min.
WEEK 13 ON: Gradually increase your brisk walking time to 30-60 minutes, three or four times a week. Remember that your goal is to get the benefits you are seeking and enjoy your activity.				



WALKING TIPS

- Hold your head up, and keep your back straight.
- Bend your elbows as you swing your arms.
- Take long, easy strides.

Adapted from: National Institute of Health's *The Practical Guide: Identification, Evaluation, and Treatment of Overweight and Obesity in Adults*.





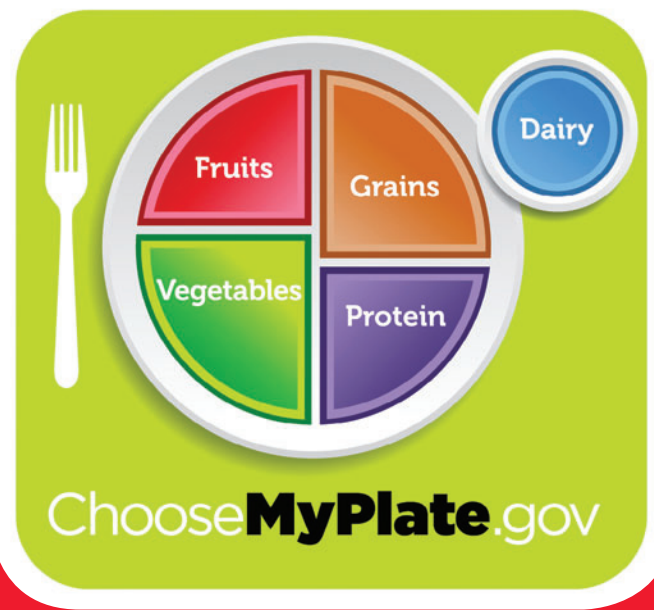
Tame the Tube

1. Get TV and computers out of the bedroom.
2. Plan how much TV you and your family are going to watch.
3. Set clear limits for all non-work screen time, and be a good media role model.
4. Make a list of activities you want to do instead of watching TV.
5. Don't keep the TV on all the time—tune-in to specific shows.
6. Eat together as a family without the TV.
7. Watch TV *with* your children. Discuss the shows and the advertising.
8. Be mindful about the ads you see on TV and the Internet.
9. Move during commercials!

CHOOSE MYPLATE

10 Tips to a Great Plate

Making food choices for a healthy lifestyle can be as simple as using these 10 Tips.



Use the ideas in this list to *balance your calories*, to choose foods to *eat more often*, and to cut back on foods to *eat less often*.

1. Balance calories

Find out how many calories YOU need for a day as a first step in managing your weight. Go to www.ChooseMyPlate.gov to find your calorie level. Being physically active also helps you balance calories.

3. Avoid oversized portions

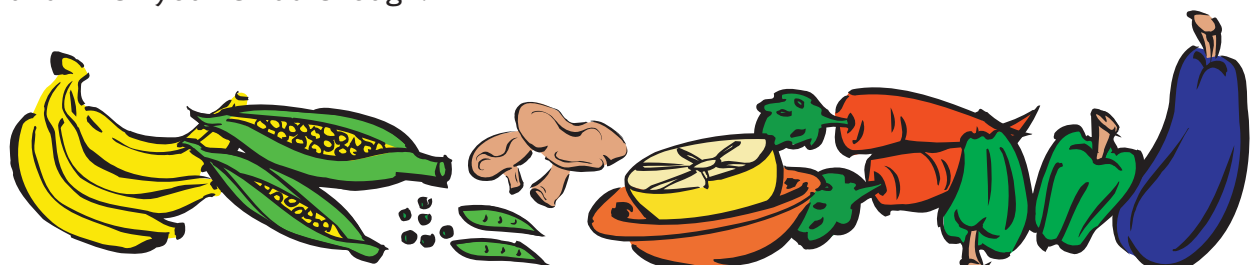
Use a smaller plate, bowl, and glass. Portion out foods before you eat. When eating out, choose a smaller size option, share a dish, or take home part of your meal.

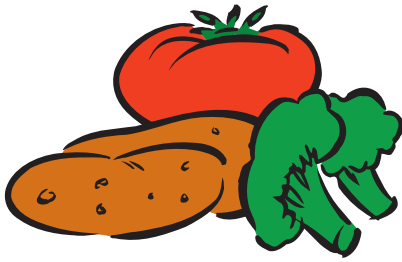
2. Enjoy your food, but eat less

Take the time to fully enjoy your food as you eat it. Eating too fast or when your attention is elsewhere may lead to eating too many calories. Pay attention to hunger and fullness cues before, during, and after meals. Use them to recognize when to eat and when you've had enough.

4. Foods to eat more often

Eat more vegetables, fruits, whole grains, and fat-free or 1% milk and dairy products. These foods have the nutrients you need for health—including potassium, calcium, vitamin D, and fiber. Make them the basis for meals and snacks.





5. Make half your plate fruits and vegetables

Choose red, orange, and dark-green vegetables like tomatoes, sweet potatoes, and broccoli, along with other vegetables for your meals. Add fruit to meals as part of main or side dishes or as dessert.

6. Switch to fat-free or low-fat (1%) milk

They have the same amount of calcium and other essential nutrients as whole milk, but fewer calories and less saturated fat.

7. Make half your grains whole grains

To eat more whole grains, substitute a whole-grain product for a refined product—such as eating whole-wheat bread instead of white bread or brown rice instead of white rice.

8. Foods to eat less often

Cut back on foods high in solid fats, added sugars, and salt. They include cakes, cookies, ice cream, candies, sweetened drinks, pizza, and fatty meats like ribs, sausages, bacon, and hot dogs. Use these foods as occasional treats, not everyday foods.

9. Compare sodium in foods

Use the Nutrition Facts label to choose lower sodium versions of foods like soup, bread, and frozen meals. Select canned foods labeled “low sodium,” “reduced sodium,” or “no salt added.”

10. Drink water instead of sugary drinks

Cut calories by drinking water or unsweetened beverages. Soda, energy drinks, and sports drinks are a major source of added sugar, and calories, in American diets.



Go to www.ChooseMyPlate.gov
for more information.

Adapted from USDA's Center for Nutrition Policy and Promotion DG TipSheet No. 1.