



FUN TIPS

Using the Dietary Guidelines at Home

The Dietary Guidelines can help children select foods to grow, be healthy, and do well in school. Here are 10 ideas to help you follow the dietary guidelines and get lots of exercise.

1 Fuel Up on Fruit

Eat a fruit for a snack or with a meal. Try orange smiles (slices), a fruit kabob, or 100% fruit juice.

2 Vary Your Vegetables

Bite on beans and broccoli; crunch on carrots, corn and cauliflower.

3 Grab Grains

Devour spaghetti, rice, cereal, or other grains for power.

4 Blast Off with Breakfast

It doesn't have to be boring — feast on leftovers, peanut butter and bananas on toast — Use your imagination!

5 Map Out Lowfat Meat Meals

Pick out a new recipe using lean pork or beef, tofu, beans or chicken; add foods to the shopping list, or help cook.

6 Find the Fat

Check out the food label to help you pick foods lower in fat.

7 Snack Smart

Try a milk smoothie — blend lowfat milk or plain yogurt with fruit or juice — that's Smart Yet Satisfying!

8 Pick from the Pyramid

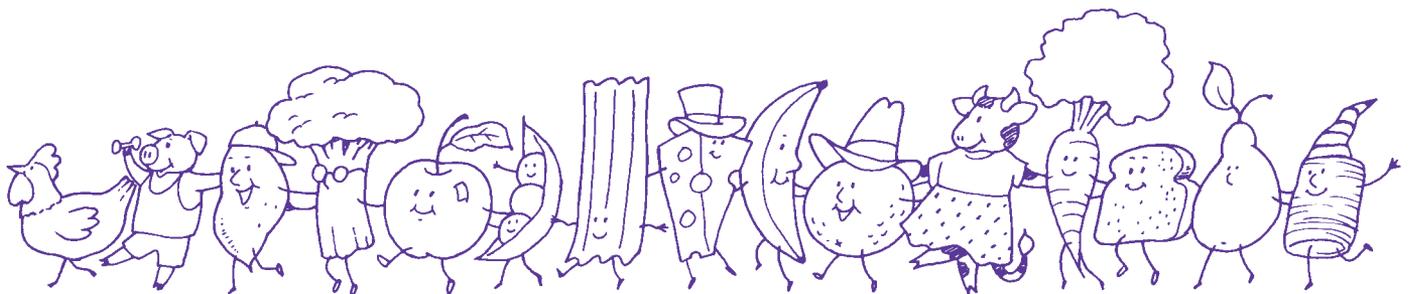
Total up your numbers of servings from the 5 major food groups from the Food Guide Pyramid.

9 Try New Tastes

Have a new food each day. Try a new vegetable like jicama; taste yogurt, pita bread, dried apricots, turkey sausage...

10 Move Your Muscles

Be more active every day. Climb stairs, walk to school, play your air guitar!



TEACHING CHILDREN HOW TO EAT RIGHT AT HOME & AT SCHOOL

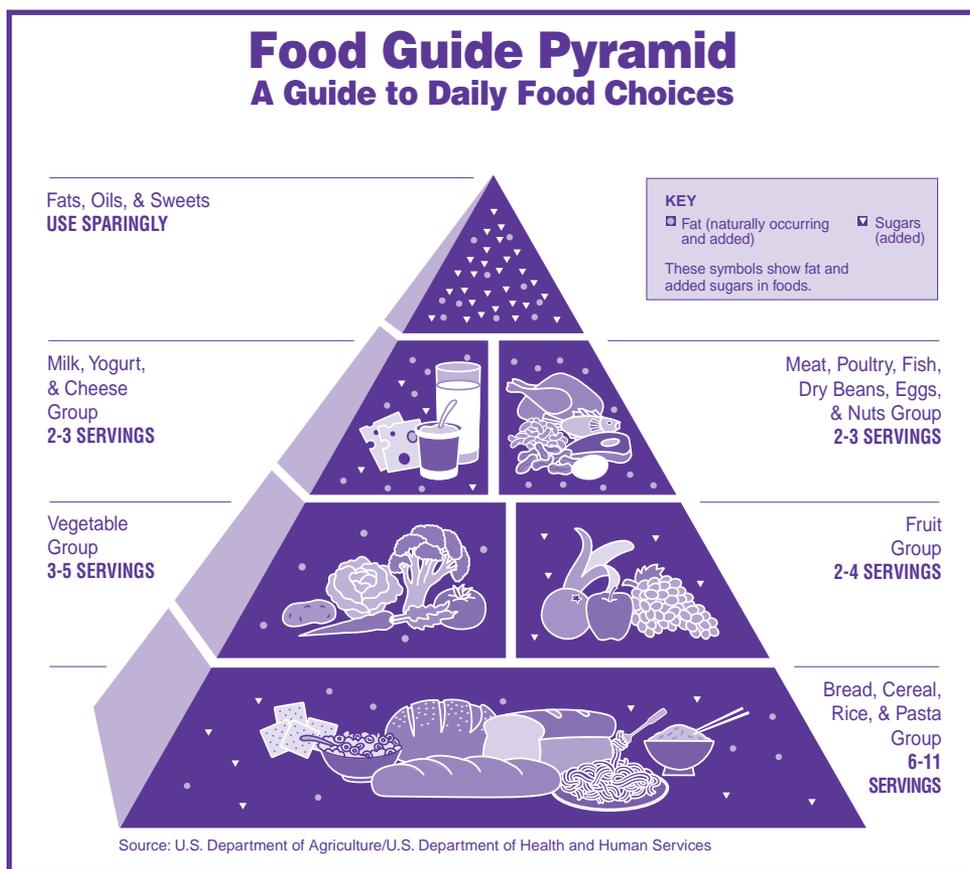
Good nutrition begins at home. It should continue at school. The Food Guide Pyramid is based on the official U.S. Government's Dietary Guidelines for Americans. It's designed so children and adults can learn and remember how to choose foods that promote health every day.

So study it • Practice it  Show it to your kids

 **Tack it up • Talk it up**

Give examples • Make it fun  Your kids will eat it up

**And they'll grow up knowing how to
make food choices for a healthy diet.**



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