



# Exploring MyPyramid with Professor Popcorn

## Get Calcium & Go Lean with Protein

Dear Parents or Caregivers,

In this lesson your child learned about the benefits of the Milk Group and the Meat and Beans Group. Milk Group foods are the total package of many essential nutrients! Calcium is one nutrient that helps build strong bones and teeth. The Meat and Bean Group provides your body with protein. Almost all body parts—from your brain to your biceps—are made up of some protein. We have old body cells wearing out every day, and our body uses protein to maintain, repair, and build new cells. Some people call protein our body's building blocks! Read on to learn more about these groups.

Sincerely,

### Tips on How to **BOOST** Your Calcium

- Stock up on foods that are high in calcium, like milk, cheese and yogurt.
- Drinking milk sets a good example for kids.
- Offer chocolate or strawberry milk for a quick snack.
- Serve chocolate or vanilla pudding made from milk for dessert.
- Choose low-fat milk products whenever possible.
- Drink milk at meals.
- Order a milk at the drive-through instead of a soft drink.
- Add cheese to a sandwich.
- Sprinkle shredded cheese on a salad or baked potato

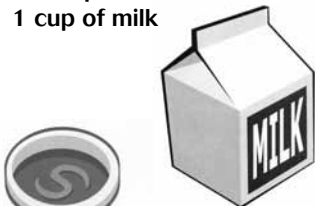
### Three A Day for Stronger Bones™

How much milk do you need each day?

Children 2-8 years old need 2 cups of milk every day.  
Children 9 year and older need 3 cups of milk every day.

Adults need 3 cups of milk every day.

1 half-pint container of milk =  
1 cup of milk



1 ½ ounces of hard cheese =  
1 cup of milk



2 cups cottage cheese =  
1 cup of milk

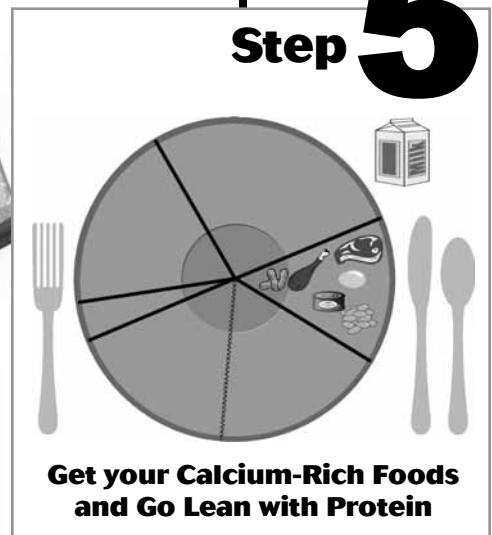


1 (8 ounce) container of yogurt =  
1 cup of milk

1 ½ cups of ice cream =  
1 cup of milk



## Step 5



## Cut the Fat!

- ✓ Get most of your calories from plant foods (grains, fruits and vegetables).
- ✓ Choose vegetable, corn, canola, or soybean oil rather than solid fats.
- ✓ Choose lean protein foods.
- ✓ Trim fat from meat and take skin off poultry.
- ✓ Choose dry beans, peas, or lentils often.
- ✓ Limit high-fat processed meats such as bacon, sausage, salami, bologna, and other cold cuts.
- ✓ Choose fat-free or low-fat milk, yogurt and cheese often.
- ✓ Choose prepared foods that do not contain trans fats.
- ✓ Limit foods with creamy sauces, and add little or no butter to your food.

## How much should we eat?

- Children 8-12 years old who are moderately active need 5 ounces of protein every day.
- Adults who are moderately active need 5 ½ ounces of protein every day.

## What Counts as an Ounce?

¼ cup cooked dry beans =  
1 ounce of meat, poultry or fish



1 tablespoon of  
peanut butter =  
1 ounce of  
meat, poultry or  
fish



1 egg =  
1 ounce of meat, poultry or fish



½ ounce of nuts  
or seeds =  
1 ounce of meat,  
poultry or fish

### Fruit and Yogurt Parfait

Serves 4

1 can (15 ounces) Tropical Fruit Salad  
1 carton of your favorite fruit-flavored yogurt  
Granola

Spoon ½ cup of fruit into a clear dessert cup. Top with 2 tablespoons yogurt and 2 tablespoons granola.

*Nutrition Facts: One serving provides 160 calories, 2g total fat, 5mg cholesterol, 50mg sodium, 34g total carbohydrate*

### Macho Nacho

1 Serving

14 baked tortilla chips  
¼ cup salsa  
⅛ cup shredded Mexican-blend cheese  
1 tablespoon fat-free refried beans

Place chips in a bowl. Layer on toppings and enjoy.

*Nutrition Facts: One serving provides 190 calories, 8g total fat, 15mg cholesterol, 890mg sodium, 22g total carbohydrate*

Resources: <http://www.mypyramid.gov>;  
Professor Popcorn, Purdue University;  
[www.3aday.org](http://www.3aday.org), National Dairy Council

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