



# Exploring MyPyramid with Professor Popcorn

## MyPyramid



MyPyramid for Kids is a graphic designed to remind you to be physically active every day and to make healthy food choices. Every part of the symbol has a message.

### **Variety**

The colors represent the five different food groups plus oils—Orange for Grains, Green for Vegetables, Red for Fruit, Yellow for Oil, Blue for Milk, and Purple for Meat and Beans. Remember to eat foods from all food groups every day.

### **Proportion**

You will notice that some of the color stripes are wider than others. The different sizes remind you to choose more foods from the food groups with the widest stripes.

### **Moderation**

Every food group has foods that you should eat more often than others. These foods are at the bottom of the pyramid where the stripes are wider. The foods we should eat less often are at the top of the stripe.

### **Activity**

We also need to be active every day. MyPyramid Pal is running up the steps to remind you of the importance of exercise for your health. A child needs 60 minutes and an adult needs 30 minutes of activity each and every day. There are lots of ways to add activity to your day. You can join an exercise group, play baseball, dance, or walk the dog. Think of ways to add steps to your day. Take the stairs instead of the elevator or park the car at the back of the parking lot. Before you know it you will have reached your activity goal.

*(continued on back)*

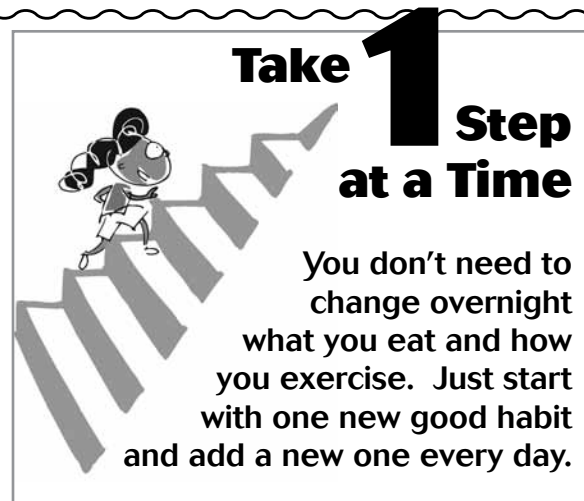
## **Welcome**

Professor Popcorn is a series of nutrition lessons for elementary children. Our goal is to give kids a desire to eat healthy foods and be physically active every day. Nutritious snacks will be served to encourage eating a variety of foods. You will receive a parent letter explaining what activities the class participated in, nutrition tips, and recipes.

If you have any questions regarding this program or topics related to nutrition and a healthy lifestyle, please feel free to contact your local Extension office.

Thank you for your time and attention.

Sincerely,



## Personalization

You can have your own personal pyramid. Simply go to [www.MyPyramid.gov](http://www.MyPyramid.gov), enter your age, gender, and activity level into the "My Pyramid Plan" box. It will help you choose the foods and amounts that are right for you. Use pyramid tracker if you want a more detailed assessment of your food intake and physical activity level.

Remember to:

- Make smart choices from every food group,
- Find your balance between food and physical activity, and
- Get the most nutrition out of your calories.

## Nutrient Dense or Calorie Dense:

### Which is the most valuable?

Americans are always looking for the best deal. We want more for our money. When looking for the best deal in food, look for foods that fit into the wider part of the stripe in MyPyramid. These foods are nutrient dense. They are loaded with good vitamins and minerals, lower in fat and higher in fiber.

Calorie dense foods are at the narrower part of the stripe. They are generally high in calories, fat, and sugar. They have little or no health benefit. These foods are the ones that we should eat the least of. They are empty calories.

Examples of:

### Nutrient Dense Foods

Broccoli  
Sweet Potatoes  
Cantaloupe  
Blueberries  
Grilled or poached fish  
Lean meats  
Skim milk  
100% whole wheat bread  
Oatmeal

### Calorie Dense Foods

Donut  
Pie/cake/cookies  
Candy  
French fries  
Bacon  
Butter  
White enriched bread  
Soft drinks  
Potato chips



## Trail Mix

20 ½ cup servings

- |                               |                          |
|-------------------------------|--------------------------|
| 2 cups Cheerio type cereal    | 1 cup raisins            |
| 2 cups Wheat Chex type cereal | 1 cup peanuts            |
| 5 cups Crispix type cereal    | 1 cup M&M's type candies |
| 2 cups pretzels               |                          |

1. Combine in a large bowl and serve.

You can also create your own snack mix by combining your favorite low sugar cereals, nuts and dried fruit.

*Nutrition Facts: One serving provides: 220 calories, 8g fat, 0g cholesterol, 180mg sodium, 34g total carbohydrate*

Resources: <http://www.mypyramid.gov> and Professor Popcorn, Purdue University

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