



"We serve education every day."

The 2005 Dietary Guidelines for Americans – What they mean to you and your family

The Dietary Guidelines for Americans, revised every five years by the Department of Health and Human Services and The Department of Agriculture, is intended to advise Americans ages two and older on how to structure their dietary and physical activity habits in order to facilitate good health. Although it is mainly used by health professionals to develop educational materials and nutritionally related programs, the guidelines have been cleverly incorporated into the new Food Guide Pyramid for use by the public. You can use MyPyramid and MyPyramid for Kids to ensure that your family is eating right and getting the appropriate amount of physical activity. Local schools have also turned to the 2005 Dietary Guidelines in order to improve the quality and the diets of the children we serve.

A brief look at the MyPyramid for Kids recommendations and how schools are incorporating them:

- **Grains** – Make half your grains whole. When choosing breads, cereals, pastas and other grains, make at least half of your choices whole grain. In local schools, all bread, rolls, bagels, and pizza crust is now made with at least 50% whole grain flour.
- **Vegetables** – Vary your veggies. By eating a colorful assortment of vegetables, you are providing your body with an array of vitamins and minerals essential for good health. At least two vegetables are offered each day in the school cafeterias.
- **Fruits** – Focus on fruits. Fruits are important sources of many nutrients such as potassium, dietary fiber, Vitamin C, and folate. Low in calorie, fruits make the perfect sweet treat! There are always fresh and canned fruits available daily in the lunch line.
- **Milk** – Get your calcium-rich foods. Milk and milk products provide the body with the calcium and other nutrients it needs to build and maintain bone mass throughout life. Just remember to choose low fat products to minimize saturated fat intake. All local schools now only offer 1% and skim milk.
- **Meat & Beans** – Go lean with protein. Animal products are not the only sources of protein. This category also includes dry beans and peas, eggs, nuts, and seeds. These vegetable sources provide the body with lean protein needed to build, maintain, and repair muscle and tissue. Beans, peas, and peanut butter appear on the lunch menu at least twice a week.
- **Fats & Sugars** – Know your limits. Snack foods and candy are ok in moderation. Try to limit sweets and desserts most days and indulge for special occasions. Snack foods offered in our schools now must meet strict fat and sugar guidelines or they cannot be sold.
- **Physical Activity** – Find your balance. For health benefits, aim for at least 30 minutes of moderate to vigorous activity every day.

Remember, healthy eating and exercise are the building blocks of a healthy body. Use these tools and get started today!

For more information, visit www.mypyramid.gov

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