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## Chapter 1 : Keeping Fit by Emily K. Green | Scholastic

*Buy Cheap Grains (Blastoff! Readers) (The New Food Guide Pyramid) Buy Low Price From Here Now A basic introduction to the health benefits of grains.*

It replaced the previous food guide pyramid that was introduced in The dietary guidelines are revised every five years by both departments. Currently, there are new guidelines in place, and the government have decided to drop the pyramid shaped illustration to replace it with a plate model called MyPlate. The design of MyPyramid consists of vertical colored stripes. Each color has a different size, suggesting the amount of food that you should choose from each group. The figure on the stairs is there to remind you of the importance of physical activity. So what type of food does each color stand for? Eat at least 3 ounces of whole grain breads, crackers, cereals, crackers, rice or pasta everyday. There are two types of grains: Refined grains have been milled to gain finer texture and improve their shelf life. The problem with this process is that all fiber, iron and most of the vitamin B, have been removed. After this process the iron and vitamin B are often added back enriched. The fiber is not added back though, and fiber is very important for the health of the digestive system and for lowering cholesterol. MyPyramid â€” Vegetables MyPyramid recommends that you should vary your veggies. Eat more of the dark green and orange veggies and more of the dry beans and peas. The amount of vegetables you need to eat depends on your age, sex and level of physical activity. Your body has the capability to store some vitamins, but this is not the case with vitamin B and C. Vitamin B and C can not be stored in your body. Therefore, it is very important to get these vitamins everyday from food. The best source for vitamin B and C is vegetables. This is why you need to eat vegetables everyday. MyPyramid â€” Fruits MyPyramid recommends that you should eat a variety of fruits, but go easy on the fruit juice. Chose fresh, frozen, canned or dried fruit. The amount of fruits you need to eat depends on you age, sex and level of physical activity. Fruit is a good source of fiber and contains very little fat. Fewer than 15 percent of the two million American elementary school-aged children, eat the recommended five or more daily servings of fruits and vegetables. This means that we drink more and intake more sugar than is healthy. The sugar intake of one glass of juice can equal that of a soft drink and sometimes the calories can be even higher. MyPyramid â€” Oils MyPyramid recommends that most of your fat should come from fish, nuts and vegetable oils. Oils from plant sources vegetable and nut oils are better for your health since they do not contain any cholesterol. You should limit solid fats like butter and margarine. Solid fats come from animals and are solid at room temperature. Solid fats are considered a contributor to cardiovascular disease, a leading cause of death in the U. MyPyramid â€” Milk, Yogurt and Cheese MyPyramid recommends 3 cups per day of fat-free or low-fat milk, or milk products for adults. Children years old should consume 2 cups per day of fat-free or low-fat milk. Milk, yogurt and cheese are all rich in calcium. Calcium is important for developing bones, especially when you grow. Be aware though that cream cheese, cream and butter are not rich in calcium. You should also be aware of the extra calories that contains in the sweetened milk products that you choose. Bake it, broil it or grill it. Eat more fish, beans, peas, nuts and seeds. They contain healthier unsaturated fats. Instead of just eating red meat, vary your choices with more fish, beans, peas, nuts and seeds. They all contain good, healthier unsaturated fats. Salmon, trout and herring are high in omega-3 fatty acids, which are good for your health. Flax and walnuts are excellent sources of essential fatty acids. Sunflower seeds, almonds, hazelnuts are good sources of vitamin E. MyPyramid â€” Physical Activity The figure on the stairs is there to remind you of the importance of physical activity. MyPyramid recommends that adults should engage in physical activity above usual activity for at least 30 minutes every day, or most days. Children and teenagers should be physically active for at least 60 minutes every day, or most days.

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### Chapter 2 : Grains by Emily K. Green | Scholastic

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You might also like these other newsletters: Please enter a valid email address Sign up Oops! Please enter a valid email address Oops! Please select a newsletter We respect your privacy. Ever wish there was a quick-reference guide to remind you of the basics of good nutrition and healthy eating? Department of Agriculture is new and improved, with even more great information to help everyone eat their way to good health. The Food Pyramid for Nutrition Guidance: The Changes Figuring out the food groups has actually become a little easier in recent years. Vertical stripes replace the old blocks. The changes were made, she says, to make the food pyramid easier to use. How to Use It The new pyramid format gives you daily quantity totals for each of the food groups, then allows you to divide those amounts up into however many servings you want – of course, the more servings, the smaller each one will be. According to Meyerowitz, once you become familiar with the food pyramid and the different types of food groups it contains, there are quick ways to translate the nutrition recommendations directly to your plate. Meyerowitz suggests mentally breaking your plate into quarters at each meal. One half of your plate should be covered with vegetables, she says. One quarter should be taken up with protein, and the last quarter with whole grains. Think of fruit as a side dish or even dessert. The hallmarks of good nutrition are balance, variety, and moderation," explains Meyerowitz. Choose at least three that are whole grain. Choose a variety of vegetables of different colors, including dark green and orange. Choose a variety of fruits of different colors. Yogurt, milk, and cheese low-fat or fat-free versions are best. Meats and Beans Group: Lean meats, chicken, eggs, nuts, dried beans and peas, and fish. Choose mono- and polyunsaturated oils. An allotment of to calories can be used on foods with fats or sugars, like dessert. Portion Size Those guidelines make it seem easy enough, right? But you also have to follow those portion sizes – and there may be a big difference between them and what you think a healthy portion size is. One-ounce equivalent or serving of grains:

### Chapter 3 : Vegetables (Blastoff! Readers) (The New Food Guide Pyramid) by Emily K. Green

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