Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period \_\_\_\_

Senior High Health

Choose My Plate Guided Notes

**MyPyramid is now MyPlate:**

* MyPlate calls the former MyPyramid “\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Group” the “\_\_\_\_\_\_\_\_\_\_\_\_\_ Group”
* MyPlate calls the former MyPyramid “\_\_\_\_\_\_\_\_\_\_\_\_ Group” the “\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Group”

**Choose MyPlate “Menu” of Selected Consumer Messages:**

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ calories
* Foods to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to reduce

**Balancing calories:**

* Enjoy your \_\_\_\_\_\_\_\_\_\_\_\_\_, but eat \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Avoid \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ portions
* \_\_\_\_\_\_\_\_\_\_ extra calories per day 10 extra \_\_\_\_\_\_\_\_\_\_\_\_\_\_ per year!
* It takes about 20 minutes for your \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to tell your \_\_\_\_\_\_\_\_\_\_\_\_\_ you’re full
* The bigger the \_\_\_\_\_\_\_\_\_\_\_\_\_\_, the more people tend to \_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Limit foods high in sodium, added sugars, and refined grains:**

* Eat more \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ foods
* Another name for “nutrient-dense” foods is “\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_” foods
* Nutrient-dense foods and beverages include ALL: (When prepared without adding solid fats, sugars, or salt)
  + \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
  + Whole grains
  + \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
  + Eggs
  + \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
  + Unsalted nuts/seeds
  + \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
  + Lean meats/poultry
  + \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Facts Label doesn’t separate “\_\_\_\_\_\_\_\_\_\_\_\_” & “naturally occurring” sugars
  + “Added” sugars are sugars and \_\_\_\_\_\_\_\_\_\_\_\_\_\_ added to foods or beverages during preparation or \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
  + 1 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ sugar = about \_\_\_\_\_\_\_\_\_\_ of added and/or naturally occurring sugar
  + Other sugars occur “\_\_\_\_\_\_\_\_\_\_\_\_\_\_” in foods like milk, \_\_\_\_\_\_\_\_\_\_\_\_, and some vegetables – they aren’t the “\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ sugars” that are the concern
  + \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ activity and \_\_\_\_\_\_\_\_\_\_\_\_ are important regardless of weight
  + Moderate \_\_\_\_\_\_\_\_\_\_\_\_\_ activity increases \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and heart rate somewhat
  + Vigorous aerobic activity greatly \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ heart rate and breathing
  + Limit \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ time or watch and workout
  + Short on time? Get active \_\_\_\_\_\_\_\_ minutes \_\_\_\_\_ times a day

**Foods to increase:**

* Make half your plate \_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Make at least half your grains \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_grains
* Switch to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ or low-fat (1%) milk
* Pick a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of vegetables from each vegetable subgroup
* The vegetable subgroup of “beans and peas (legumes)” includes all cooked beans and peas, ex:
* \_\_\_\_\_\_\_\_\_\_\_\_\_ beans
* Lentils
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Pinto beans
* The “beans and peas (legumes)” subgroup does NOT include green \_\_\_\_\_\_\_\_\_ or green \_\_\_\_\_\_\_\_\_
* At least \_\_\_\_\_\_\_\_\_\_\_\_\_ your grains should be whole grains
* Whole grains contain the entire grain \_\_\_\_\_\_\_\_\_\_\_\_ or “kernel”
* Switching to \_\_\_\_\_\_\_\_\_\_\_\_ or low-fat (1%) milk makes a difference in calories
* Whole milk = \_\_\_\_\_\_\_\_ calories; 2% milk \_\_\_\_\_\_\_\_\_ calories; 1% milk \_\_\_\_\_\_\_\_\_\_ calories; fat free (skim) milk = \_\_\_\_\_\_\_\_ calories

**Foods to reduce:**

* Compare \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in foods like soup, bread, and frozen meals and choose the foods with \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ numbers
* Drink \_\_\_\_\_\_\_\_\_\_\_\_\_\_ instead of sugary drinks
* Easy ways to reduce sodium:
* Check \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Avoid \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ salt (an exception may be when baking yeast breads)
* Eat \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ foods, frozen veggies
* Request salt be left off when eating \_\_\_\_\_\_\_\_\_\_\_
* Use other \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Reduce sugar-\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ beverage intake:
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ fewer sugar-sweetened beverages
* Consume smaller portions
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_water, unsweetened coffee and tea, and other beverages with few or no calories

A \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_of foods, in moderation, can fit into a \_\_\_\_\_\_\_\_\_\_\_\_\_\_eating pattern if nutrient needs have been met without \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ calorie limits. Regular physical activity helps \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ calorie balance.