

USDA Food Guidance System *Transitions 2000 to 2005*



FSNE Training presentation by Kathleen Manenica, MS CN State Program Coordinator, Food Sense - Washington State University Extension. Funded in part by USDA Food Stamp Program.

The use of food brand names in this educational presentation does not imply an endorsement of these products, but are used to illustrate a type of food.

Transitioning to *MyPyramid*



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MyPyramid...just Imagine!



Transitions: *Build on a Healthy Base*



- Highly processed
- Highest in **sugar, fat, salt**
- Lowest in fiber
- Refined, processed
- Some added in **sugar, fat, salt**
- Limited fiber
- Least processed
- Fresh, whole
- Highest fiber, vitamins & minerals

MyPyramid.gov
STEPS TO A HEALTHIER YOU **Fat, sugar= Extra calories**

Choosing Grains from MyPyramid

Developed by Kathleen Manenica, MS CN, Washington State University Extension. Food Photos with permission of Wisconsin Dairy Council and Jamie E. Frank Photography

Choosing Veggies from MyPyramid

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Choosing Fruits from MyPyramid

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Choosing Oils from MyPyramid

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Choosing Milk Foods from MyPyramid

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Choosing Meat & Beans from MyPyramid

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Transitions: Personalizing MyPyramid



- Self Reflection
- Goal Setting

How Am I Doing? ACTIVITY

Local coordinators lead activities
(10-12 minutes)

- In training packet are 3 self-reflection assessment tools (Grains, F & V, Physical Activity)
- Choose one to complete
- Local coordinators lead discussion on what staff learned for chosen topic
- Have staff write realistic goal based on their personal behavioral assessment

Making MyPyramid Work for You

- Consider Quantity
- Reaching Recommendations

Simplifying “SERVING SIZE”??

~~Serving Size~~

teaspoon

1/4 cup beans

Ounce-equivalents


Ounce-equivalents

1 Cup = 2 Cups leafy greens

CUP-EQUIVALENTS

1 Tablespoon


~~Portion Size~~



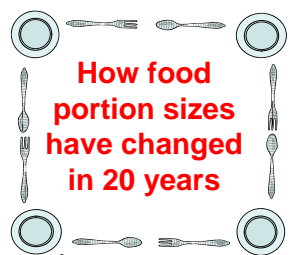
Portion Distortion II Interactive Quiz

Do You Know How Food Portions Have Changed in 20 Years?


National Heart, Lung, and Blood Institute
Obesity Education Initiative





Avoid portion distortion




How food portion sizes have changed in 20 years

Slides marked by  are adapted from “Portion Distortion” by the National Heart, Lung and Blood Institute at <http://hin.nhlbi.nih.gov/portion>

BAGEL

20 Years Ago	Today
	
140 calories 3-inch diameter	350 calories 6-inch diameter
Calorie Difference: 210 calories	



Larger portions add up

100 extra calories per day

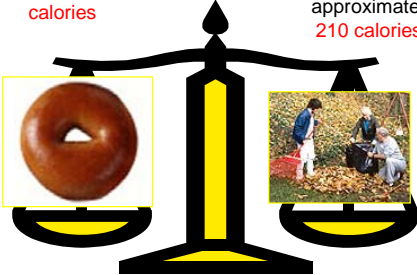
10 pound weight gain per year



Maintaining a Healthy Weight is a Balancing Act
Calories In = Calories Out



Increased bagel size: 210 more calories

Raking leaves for 50 minutes burns approximately 210 calories*



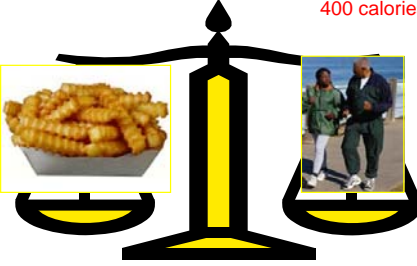
*Based on 130-pound person

FRENCH FRIES


20 Years Ago	Today
	
210 calories 2.4 ounces	610 calories 6.9 ounces
Calorie difference: 400 calories	

Increased French fries size: 400 more calories

Walking leisurely for 1 hour and 10 minutes burns approximately 400 calories*



*Based on 160-pound person



COFFEE

20 Years Ago	Today
Coffee (with whole milk and sugar)	Mocha Coffee (with steamed whole milk and mocha syrup)
	
45 calories 8 ounces	350 calories 16 ounces
Calorie difference: 305 calories	

Increased coffee size: 305 more calories

Walking 1 hour and 20 minutes burns approximately 305 calories*



130 lb
*Based on 130-pound person

MUFFIN

20 Years Ago



210 calories
1.5 ounces

Today




500 calories
4 ounces

Calorie difference: 290 calories

Increased muffin size: 290 more calories


Vacuuming for 1 hour and 30 minutes burns approximately 290 calories*



130 lb
*Based on 130-pound person


PEPPERONI PIZZA

20 Years Ago



500 calories

Today



850 calories

Calorie difference: 350 calories

Increased pepperoni pizza size: 350 more calories

Playing golf (while walking and carrying your clubs) for 1 hour burns approximately 350 calories*



160 lb
*Based on 160-pound person

CHOCOLATE CHIP COOKIE

20 Years Ago



55 calories
1.5 inch diameter

Today



275 calories
3.5 inch diameter

Calorie difference: 220 calories

Increased chocolate cookie size: 220 more calories

Washing the car 1 hour and 15 minutes burns approximately 220 calories*

130 lb *Based on 130-pound person

Avoid portion distortion!

Keep an "eye" on your food size

BIG CHALLENGES

- Over-serving food both at home and 'eating out'
- Choosing a variety from the BASE of MyPyramid to get the most health benefits
- And...

BIG CHALLENGES (cont'd)....

Reaching recommended amount of:

- Whole Grains (minimum 3 ounces/day)
- Vegetables (17 1/2 cups/ week)
 - Legumes (3 cups/ week)
 - Dark leafy greens (3 cups/week)
 - Orange (2 cups/week)
 - Starchy (3 cups/week)
 - Other (6 1/2 cups/week)

Brainstorming Activity

Discuss

- How to teach amounts as "equivalents" Vs. serving size
- Ways to meet the recommendations for:
 - Whole grains
 - Beans
 - Vegetables sub-categories