

# **Handouts for Section 2**

# Food Guidance System Picture

**A Guide TO GOOD EATING**

**MILK**  
 2 OR MORE GLASSES DAILY . . FOR ADULTS  
 3 to 4 OR MORE GLASSES DAILY . . FOR CHILDREN  
*To drink, combined with other foods, in ice cream and in cheese*

**VEGETABLES**  
 2 OR MORE SERVINGS DAILY OTHER THAN POTATO . . .1 green or yellow; "greens" often

**FRUITS**  
 2 OR MORE SERVINGS DAILY  
*At least 1 raw; citrus fruit or tomato daily*

**EGGS**  
 3 TO 5 A WEEK; 1 DAILY PREFERRED

**MEAT, CHEESE, FISH, POULTRY**  
 1 OR MORE SERVINGS DAILY  
*Dried beans, peas, peanuts occasionally*

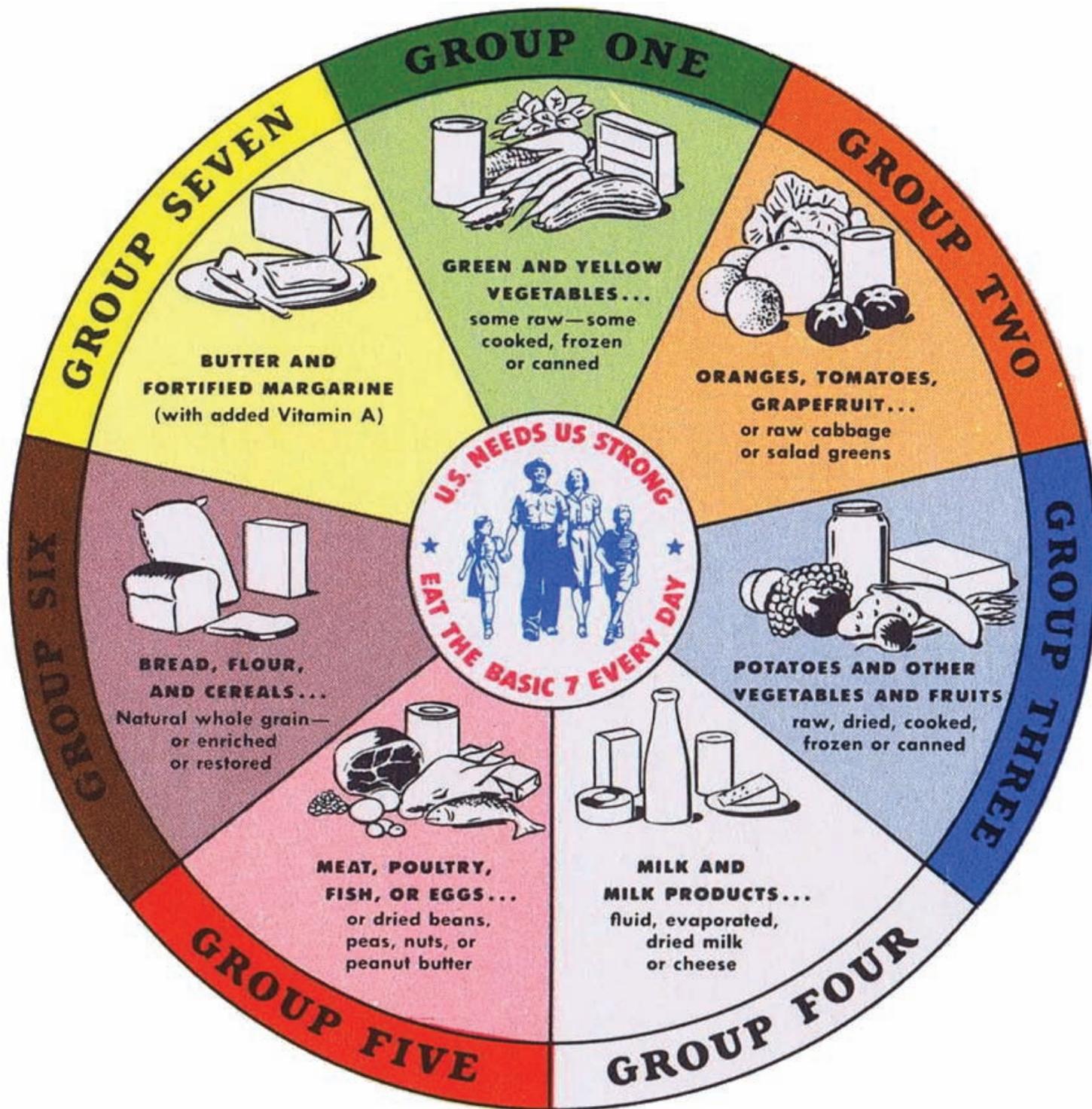
**CEREAL AND BREAD**  
 2 OR MORE SERVINGS DAILY  
*Whole-grain value or enriched  
 Added milk improves nutritional values*

**BUTTER**  
 2 OR MORE TABLESPOONS DAILY

**OTHER FOODS TO SATISFY APPETITE AND COMPLETE GROWTH AND ACTIVITY NEEDS**

*The nutritional statements made on this chart have been reviewed by the Council on Foods and Nutrition of the American Medical Association and found consistent with current authoritative medical opinion.*

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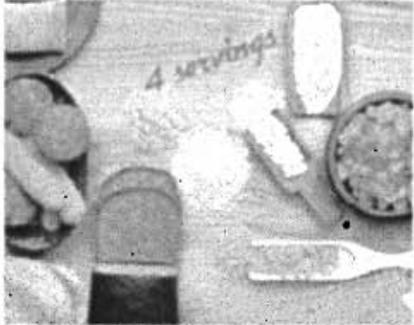
**VEGETABLES**  
**FRUIT**  
*Group*

1 SERVING IS:  
 1/2 CUP  
 1 SMALL SALAD  
 1 MEDIUM-SIZED POTATO  
 1/2 BANANA  
 1/2 CANTALOUPE  
 1/2 GRAPEFRUIT

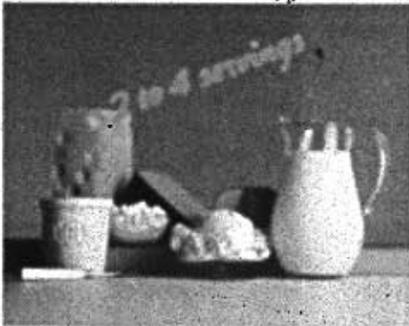
\*Open leafy fruits, berries, berries or tomatoes (also add a dash olive or dark red or vegetable oil). For a good amount of fiber, eat cucumber, melon and strawberries and (also) with whole kernels of popcorn or grapes.

**BREAD**  
**CEREAL**  
*Group*

1 SERVING IS:  
 1 SLICE BREAD  
 1/2 to 3/4 CUP COOKED CEREAL OR PASTA  
 1/2 CUPCH READY TO EAT CEREAL  
\*Thrive whole grain products (100%)



4 servings



**MILK**  
**CHEESE**  
*Group*

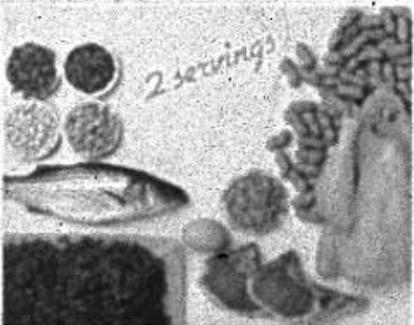
1 SERVING IS:  
 1 CUP MILK OR YOGURT  
 1 1/2 OUNCES CHEDDAR OR SWISS CHEESE  
 2 OUNCES PROCESSED CHEESE FOOD  
 1 1/2 CUPS ICE CREAM OR ICE MILK  
 2 CUPS COTTAGE CHEESE

\*Milk (whole and) partial (2%) and (1%) can be provided's serving, equal jump for (whole) (1%)

**MEAT** Poultry  
**BEANS**  
*Group*

1 SERVING IS:  
 1 to 1 1/2 OUNCES LEAN, BONELESS, COOKED MEAT, POULTRY, OR FISH  
 1 EGG  
 1/2 to 3/4 CUP COOKED DRY BEANS, PEAS, LENTILS, OR SOYBEANS  
 2 TABLESPOONS PEANUT BUTTER  
 1/4 to 1/2 CUP NUTS, SESAME OR SUNFLOWER SEEDS

Poultry and fish have less fat content than red meats.



2 servings



**CAUTION**  
**FATS**  
**SWEETS**  
**ALSO USE**

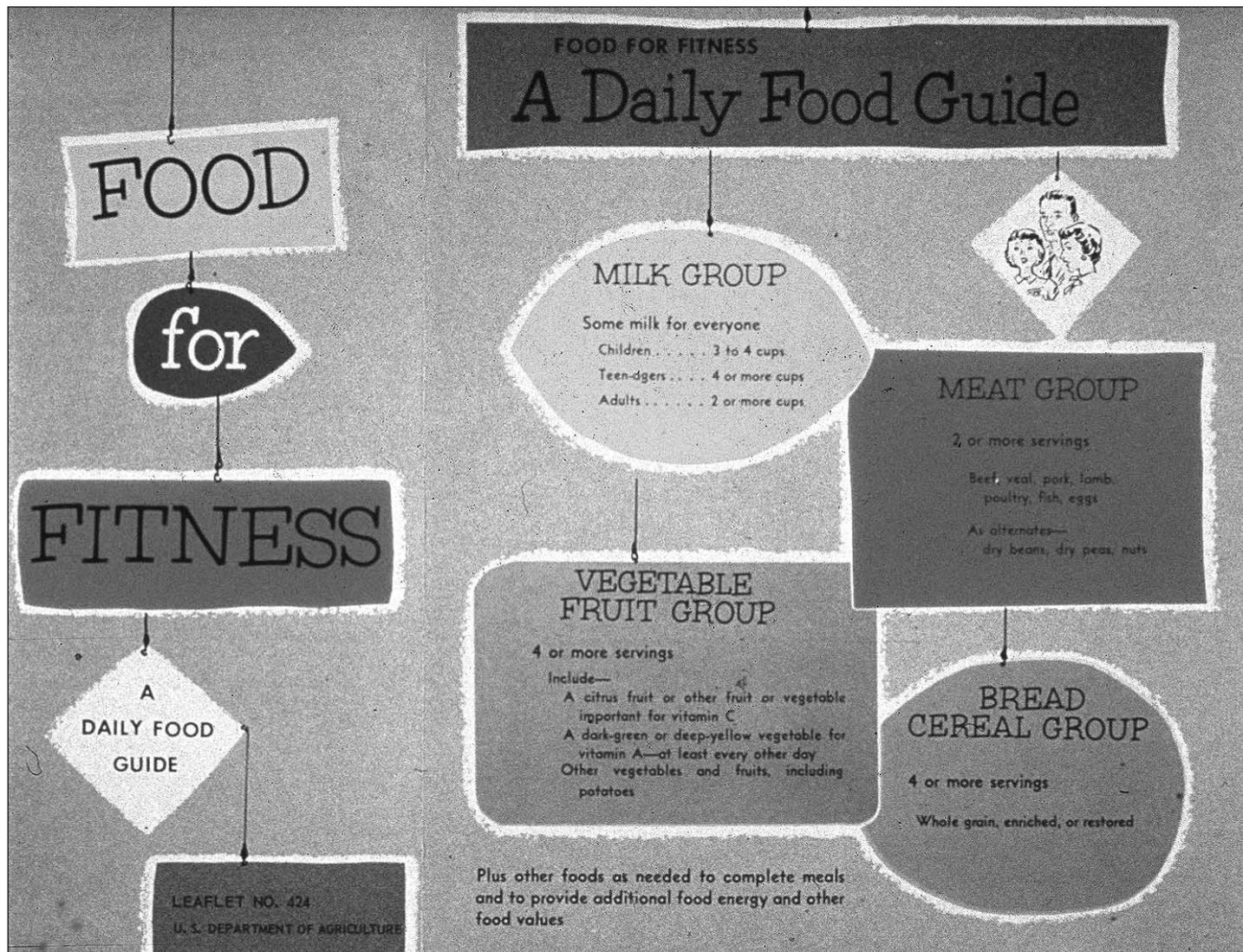
These items provide calories but no nutrients.

The Hassle-Free

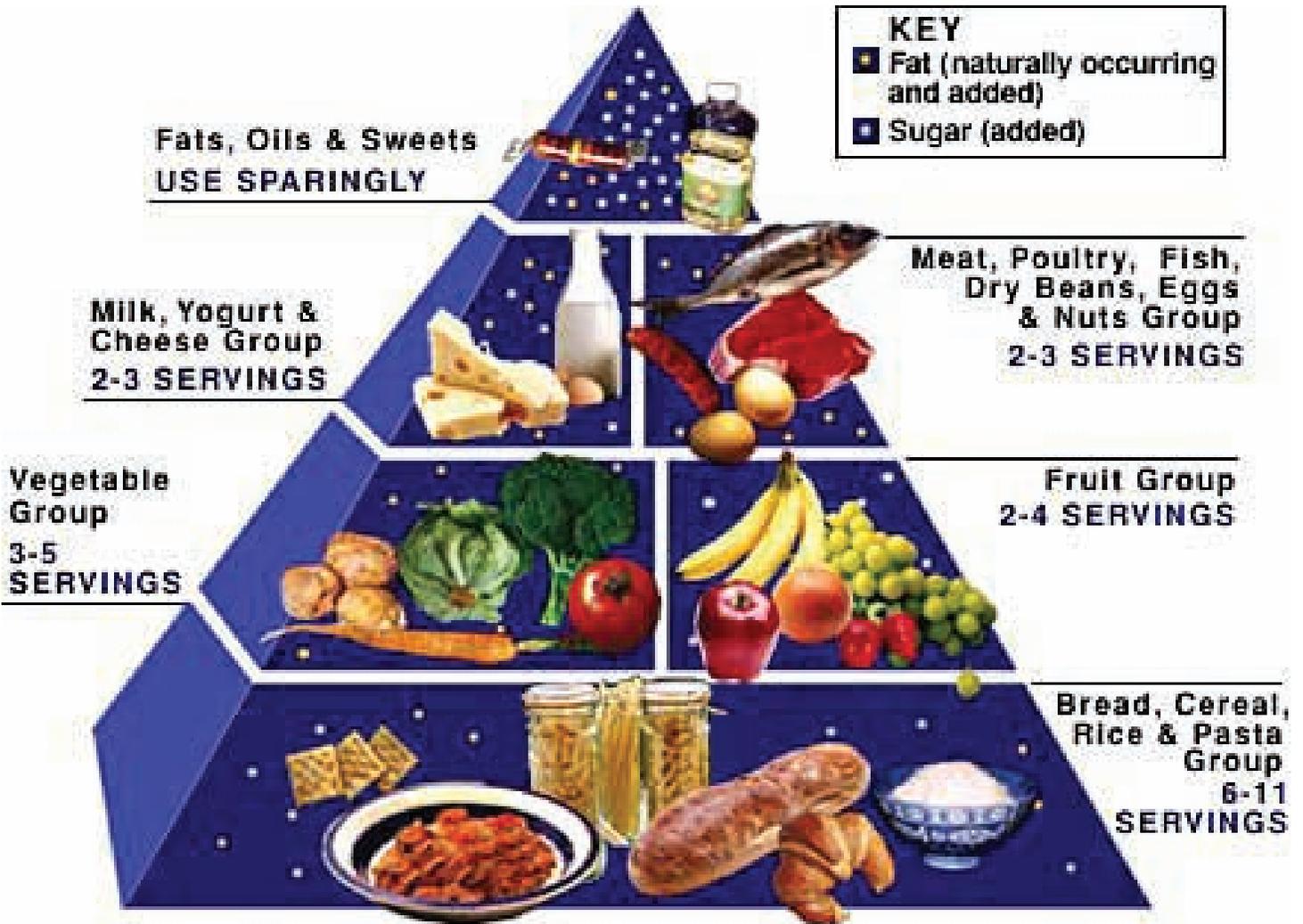
DAILY FOOD

GUIDE

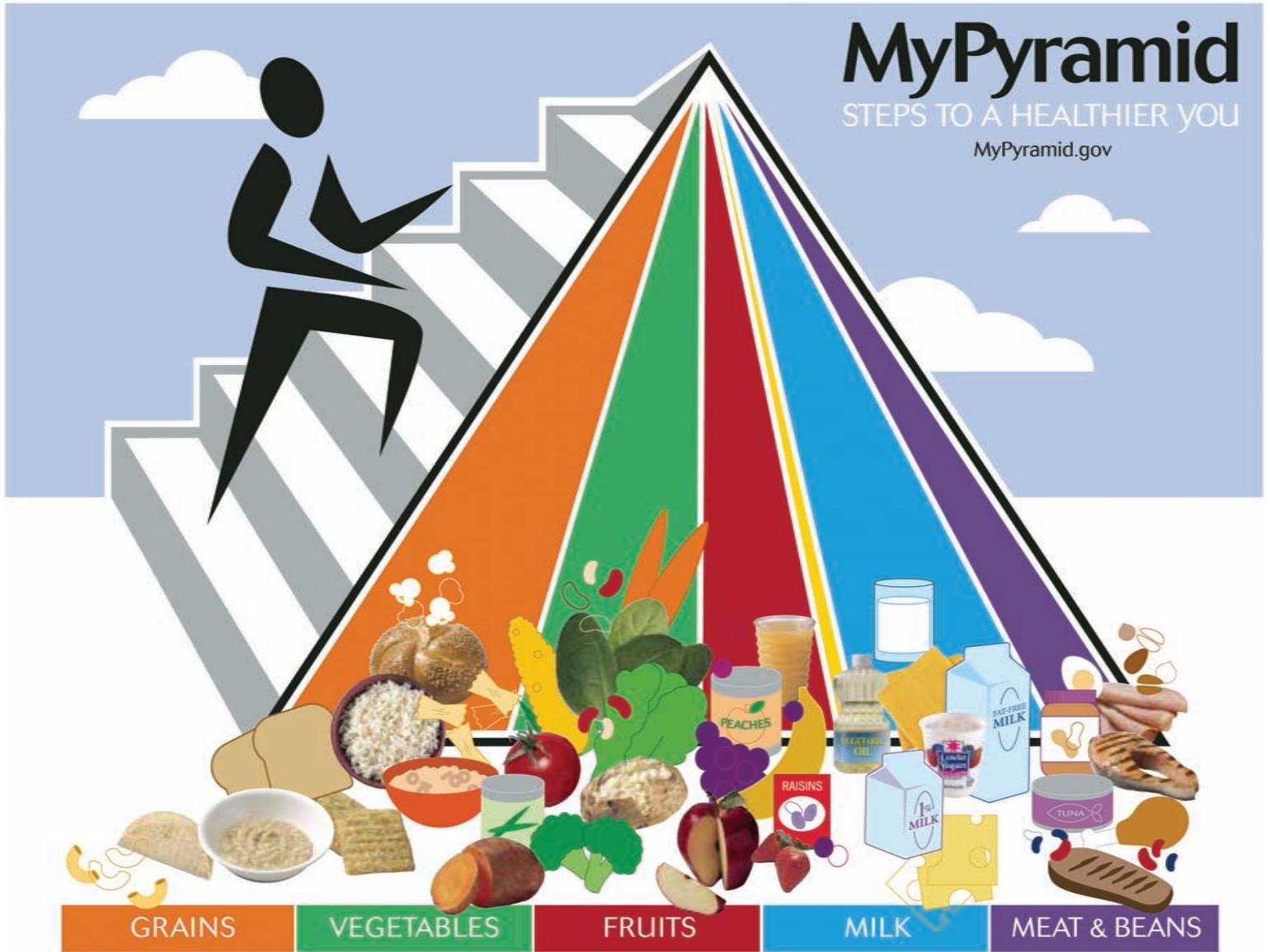
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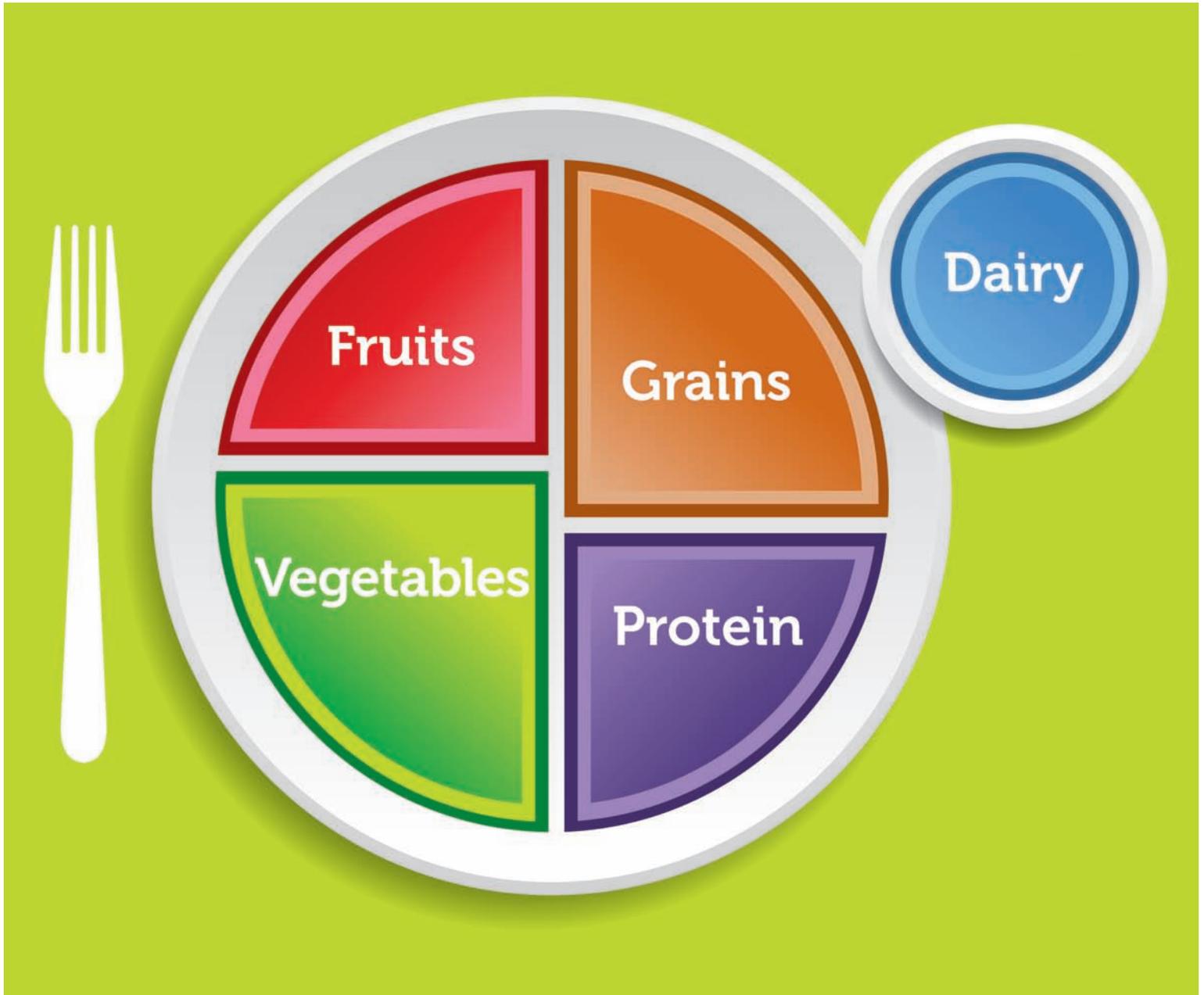
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## A Brief History of USDA Food Guides

### 1916 to 1930s: “Food for Young Children” and “How to Select Food”

- Established guidance based on food groups and household measures
- Focus was on “protective foods”

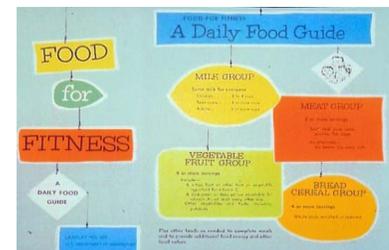
### 1940s: A Guide to Good Eating (Basic Seven)

- Foundation diet for nutrient adequacy
- Included daily number of servings needed from each of seven food groups
- Lacked specific serving sizes
- Considered complex



### 1956 to 1970s: Food for Fitness, A Daily Food Guide (Basic Four)

- Foundation diet approach—goals for nutrient adequacy
- Specified amounts from four food groups
- Did not include guidance on appropriate fats, sugars, and calorie intake



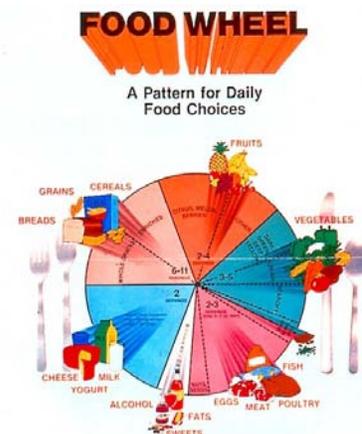
### 1979: Hassle-Free Daily Food Guide

- Developed after the 1977 Dietary Goals for the United States were released
- Based on the Basic Four, but also included a fifth group to highlight the need to moderate intake of fats, sweets, and alcohol



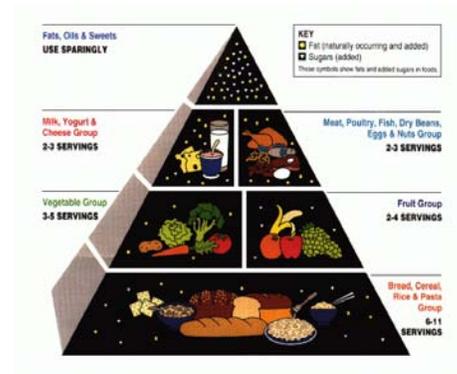
### 1984: Food Wheel: A Pattern for Daily Food Choices

- Total diet approach—Included goals for both nutrient adequacy and moderation
- Five food groups and amounts formed the basis for the Food Guide Pyramid
- Daily amounts of food provided at three calorie levels
- First illustrated for a Red Cross nutrition course as a food wheel



### 1992: Food Guide Pyramid

- Total diet approach—goals for both nutrient adequacy and moderation
- Developed using consumer research, to bring awareness to the new food patterns
- Illustration focused on concepts of variety, moderation, and proportion
- Included visualization of added fats and sugars throughout five food groups and in the tip
- Included range for daily amounts of food across three calorie levels



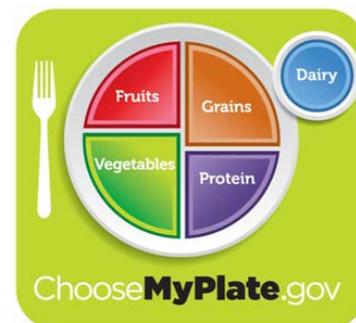
### 2005: MyPyramid Food Guidance System

- Introduced along with updating of Food Guide Pyramid food patterns for the *2005 Dietary Guidelines for Americans*, including daily amounts of food at 12 calorie levels
- Continued “pyramid” concept, based on consumer research, but simplified illustration. Detailed information provided on website “MyPyramid.gov”
- Added a band for oils and the concept of physical activity
- Illustration could be used to describe concepts of variety, moderation, and proportion



### 2011: MyPlate

- Introduced along with updating of USDA food patterns for the *2010 Dietary Guidelines for Americans*
- Different shape to help grab consumers’ attention with a new visual cue
- Icon that serves as a reminder for healthy eating, not intended to provide specific messages
- Visual is linked to food and is a familiar mealtime symbol in consumers’ minds, as identified through testing
- “My” continues the personalization approach from MyPyramid



### For more information:

- Welsh S, Davis C, Shaw A. A brief history of food guides in the United States. *Nutrition Today* November/December 1992:6-11.
- Welsh S, Davis C, Shaw A. Development of the Food Guide Pyramid. *Nutrition Today* November/December 1992:12-23.
- Haven J, Burns A, Britten P, Davis C. Developing the Consumer Interface for the MyPyramid Food Guidance System. *Journal of Nutrition Education and Behavior* 2006, 38: S124–S135.



# Comparisons Between Traditional and Modern Recipes for Macaroni and Cheese

## Traditional (older version)

### MACARONI AND CHEESE

4–6 servings, serving size: 1/2 cup

6 tablespoons butter, divided  
 1/4 cup flour  
 1 teaspoon salt  
 1/2 teaspoon dry mustard  
 1/4 teaspoon pepper  
 3/4 teaspoon Worcestershire  
 3 cups whole milk  
 1 small onion, grated  
 3/4 pound shredded sharp Cheddar cheese (3 cups)  
 1 cup (8 oz. uncooked) elbow macaroni, cooked and drained  
 3/4 cup soft bread crumbs

In saucepan over medium low heat melt 4 tablespoons butter; blend in flour and seasonings, stirring until smooth and bubbly. Gradually stir in milk; cook and stir until thick and smooth. Stir in grated onion and cheese.

Place cooked drained macaroni in a buttered 3-qt casserole. Pour sauce over macaroni and gently mix to blend.

Melt remaining 2 tablespoons of butter and toss with the bread crumbs. Sprinkle bread crumbs over the macaroni.

Bake at 375°F for 30 minutes, or until golden brown.

#### Nutrition Facts

Amount Per Serving	
Serving Size 1/2 cup (257g)	
Servings Per Container 6	
<b>Calories</b> 550	Calories from Fat 300
	% Daily Value*
<b>Total Fat</b> 34g	<b>52%</b>
Saturated Fat 21g	<b>105%</b>
Trans Fat 0g	
<b>Cholesterol</b> 100mg	<b>33%</b>
<b>Sodium</b> 1000mg	<b>42%</b>
<b>Total Carbohydrate</b> 37g	<b>12%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 10g	
<b>Protein</b> 24g	
Vitamin A 20% • Vitamin C 6%	
Calcium 60% • Iron 10%	

## New (lighter) recipe

### MACARONI AND CHEESE

6 servings, serving size: 1/2 cup

2 cups (8 oz. uncooked) elbow macaroni, uncooked  
 1/2 cup egg substitute  
 1/2 teaspoon black pepper  
 1 cup cheddar cheese, low fat (part skim)  
 1 cup shredded American cheese  
 3 teaspoons margarine, low fat  
 1/2 teaspoon paprika  
 4 cups skim milk

Bring 1/2 gallon water to a boil, add macaroni noodles and stir. As soon as the water has come to a rapid boil, cook for another 3–5 minutes until tender. Turn off heat and drain the noodles and immediately rinse with cold water to cool the noodles. Drain and set aside.

Combine egg substitute with the milk, then add all seasonings, mix well.

Mix all cheeses and margarine with the macaroni.

Spray a two-quart casserole dish with vegetable spray.

Pour macaroni-cheese mixture in the prepared casserole dish. Pour the egg-milk mixture over the macaroni.

Bake at 350°F for approximately 25–30 minutes or until bubbly.

#### Nutrition Facts

Amount Per Serving	
Serving Size 1/2 cup (147g)	
Servings Per Container 10	
<b>Calories</b> 160	Calories from Fat 30
	% Daily Value*
<b>Total Fat</b> 3g	<b>5%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 150mg	<b>6%</b>
<b>Total Carbohydrate</b> 22g	<b>7%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 5g	
<b>Protein</b> 11g	
Vitamin A 8% • Vitamin C 2%	
Calcium 20% • Iron 6%	

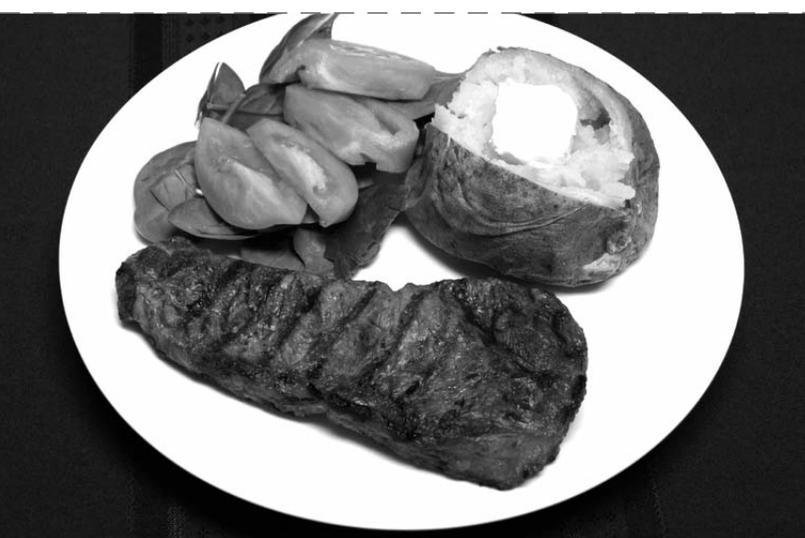
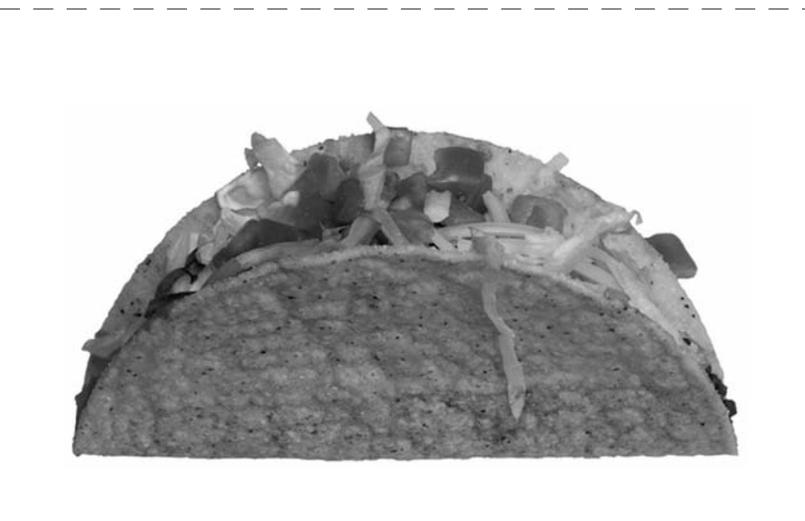


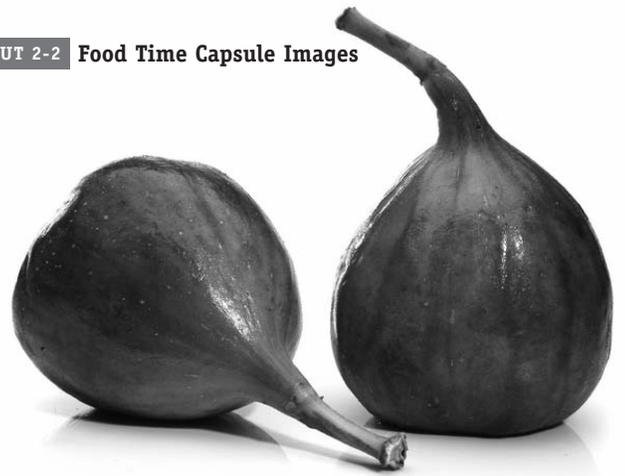


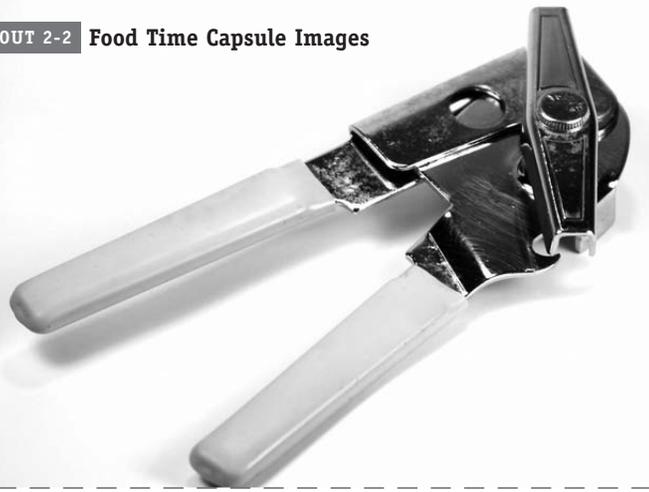












## How Much Sugar is in the Foods We Eat?

Food	Size of bag	1 serving	Calories per serving	Sugar per serving (grams)	Servings per bag	Calories per bag	Sugar per bag (grams)
Skittles	16 ounces	1/4 cup or 1.5 oz.	170 cal.	32 gm.	11	1,870 cal.	352 gm.
M&Ms	14 ounces	1/4 cup or 1.5 oz.	210 cal.	27 gm.	9	1,890 cal.	243 gm.
Milk chocolate covered pretzels	10 ounces	8 pieces	130 cal.	10 gm.	10	1,300 cal.	100 gm.
Hershey Kiss	13 ounces	9 pieces	230 cal.	21 gm.	9	2,070 cal.	189 gm.
Reese's Peanut Butter Cup	11.25 ounces or snack size	1 cup	110 cal.	10 gm.	15	1,650 cal.	150 gm.
Chips Ahoy cookies	1 pound	3 cookies	160 cal.	11 gm.	14	2,240 cal.	154 gm.
Nutter Butter cookies	1 pound	2 cookies	130 cal.	8 gm.	16	2,080 cal.	128 gm.
Teddy Grahams	10 ounces	24 pieces	130 cal.	8 gm.	9	1,170 cal.	72 gm.
Sports Drink	1 quart	8 ounces	50 cal.	14 gm.	4	200 cal.	56 gm.
Coca Cola	12oz can or 1-1/2 cups	1 cup	100 cal.	26 gm.	1-1/2	150 cal.	40 gm.
Honey Nut Cheerios	1 pound, 4oz.	1 cup	120 cal.	10 gm.	18	2,160 cal.	180 gm.

# Portion Distortion

## French Fries

**20 Years Ago**



**2.4 ounces  
210 calories**

**Today**



**??? calories**

2.4 ounces of French fries of 20 years ago had 210 calories.  
How many calories do you think are in today's portion?

- 610     590     650

# Portion Distortion

## Cheeseburger

**20 Years Ago**



**333 calories**

**Today**



**??? calories**

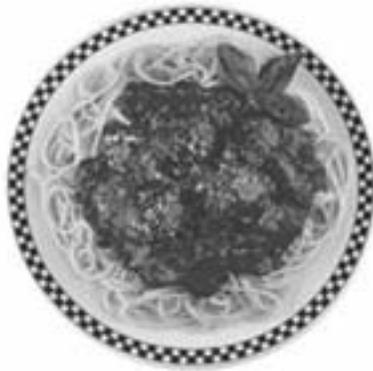
A cheeseburger 20 years ago had 333 calories. How many calories do you think are in today's cheeseburger?

- 590    620    700

# Portion Distortion

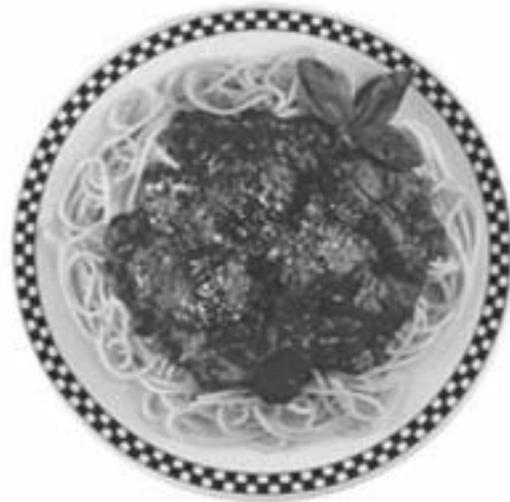
## Spaghetti and Meatballs

**20 Years Ago**



**1 cup spaghetti with  
sauce and 3 small  
meatballs  
500 calories**

**Today**



**??? calories**

A portion of spaghetti and meatballs 20 years ago had 500 calories. How many calories do you think are in today's portion of spaghetti and meatballs?

- 1,025    600    800

# Portion Distortion

## Bagel

**20 Years Ago**



**3-inch diameter  
140 calories**

**Today**



**??? calories**

A bagel 20 years ago was 3 inches in diameter and had 140 calories. How many calories do you think are in today's bagel?

- 350    250    150

# Portion Distortion

## Soda

**20 Years Ago**



**6.5 ounces  
85 calories**

**Today**



**??? calories**

A 6.5-ounce portion of soda had 85 calories. How many calories do you think are in today's portion?

- 250    300    200

# Strategies to Control Portion Distortion while Eating Out

- Ask for smaller portions.
- Ask for a child’s portion but be willing to pay a higher price for it (restaurants don’t make any money on children’s portions; that’s why they won’t offer them to adults).
- Ask for a “doggy bag” to take food home.
- Only eat a portion of each food item on your plate (similar to the size of your palm for a female, or 2/3 the size and depth of a male’s palm). Take the rest home for the next day’s meal.
- At a buffet, serve yourself food portions similar to the size of your hand, and try to include all food groups.
- At a party, in which the food is served buffet-style, be at the end of the line, not the front of the line. You will be sitting down and eating after others have already begun eating. When they get up for seconds, you will still be eating your first helping. You won’t be tempted to go back for seconds because you’ll be one of the last one’s finished.
- At a restaurant where you order a main entrée and also get “all you can eat” from a salad or hot bar, decide on one of the following strategies: do NOT get an entrée and just eat from the salad and hot bar; or order the entrée meal with your salad and hot bar but don’t eat the entree— instead, ask the restaurant to hold the entrée order until you are ready to leave and take it home for another day (different family members might use different strategies)
- Ask for all dressings, gravies, etc. to be served on the side. Don’t pour the dressing or gravy onto your food, instead dip your fork into the dressing or gravy and then into your food. You’ll get the flavor of the dressing/gravy, but far fewer calories.

Order ala carte and skip the main meal. Many ala carte items are quite large and very filling.

- If you are a “dessert” person, order one ala carte item and one dessert. Skip the main entrée.
- Share a meal (be willing to pay for an extra plate).
- At fast food eateries, such as McDonald’s, adults can order the “happy meal” or child’s meal package. The portions are smaller and cheaper.
- Buy smaller plates, bowls and glassware for your home. Most salad plates are the size of dinner plates 10 years ago. Use salad plates for your main meal. Buy smaller glasses — no more than 10 ounces. Donate your dinner plates, bowls and glassware to an organization, such as Goodwill.
- Ask produce managers at grocery stores to carry smaller size apples, pears, and other loose fruit.
- Ask managers in other departments of the stores to package items in smaller portions.

Other ideas?

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# Sharing Visions — How We Learn Together about Food and Nutrition

Throughout the FRIDGE program, as a family, we are learning a lot and receiving a lot of advice about issues related to food and nutrition.

This advice includes the following:

- Eat a variety and plenty of fruits and vegetables
- Limit sugar intake
- Limit high fat foods
- Avoid eating overly large portions
- Limit fried foods

As a family, we pledge to do the following things to help us meet our healthful eating goals: [List specific behaviors, such as replacing soda with water for one week]

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Limit sugar intake

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Limit high fat foods

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Avoid eating overly large portions in one sitting

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Limit fried foods

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Other

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## Tips for Successful Family Meetings

- Find a **“best” time**, a time when all members can be together, are fairly free from outside pressures, and are able to share their ideas.
- **Choose a place.** Every member should be comfortable and able to see all the others. Most families meet at the kitchen or dinner table.
- Once the time and place are selected, **make the meeting an important, regular event.** It is recommended to hold family meetings on a **weekly** basis.
- Topics to address: There is **no set agenda** or list of items to deal with that every family follows. Make sure to include issues related to food selection, food preparation, and food consumption. The agenda might even include giving the children spending money for snacks.
- **Encourage each member to talk and share ideas.** (Be patient with younger children. They need more time to tell their ideas.)
- **Only one person should talk at a time.** This helps everyone else listen with ears and hearts, so they can better capture the real meaning in each other's words.  
  
Encourage all to keep an **open mind** when something is being discussed.
- **Share the responsibility.** Ask for a volunteer or assign a member to gather facts or run part of the meeting.
- **Be respectful of each idea** presented, regardless of what it is.  
  
Strongly encourage every family member to participate.
- **Try to reach a consensus of opinion on all decisions, plans, or solutions to problems.** Occasionally there will be conflicting opinions on a topic. This should be expected. The goal should not be to start with agreement but to end with it. Differing ideas can help the family arrive at the best solution or decision. When there is a difference, agreement can be reached. The group should find a solution that everyone feels good about. Try to avoid having one person make the decision or taking a vote, as these tend to divide the family. Encourage one or more members to compromise, to give in a little or modify an idea so that it is more acceptable to all.
- **Roadblocks to successful family meetings:**
  - Skipping or canceling a meeting.
  - Turning the meeting into a gripe session.
  - Making another person feel put down (laughed at, ridiculed).
  - Allowing one member, child or parent, to dominate.
  - Failing to follow through on plans or decisions.
  - Preaching, scolding, or lecturing.