

Smart Choices

A Community Nutrition
Education Program



MyPyramid



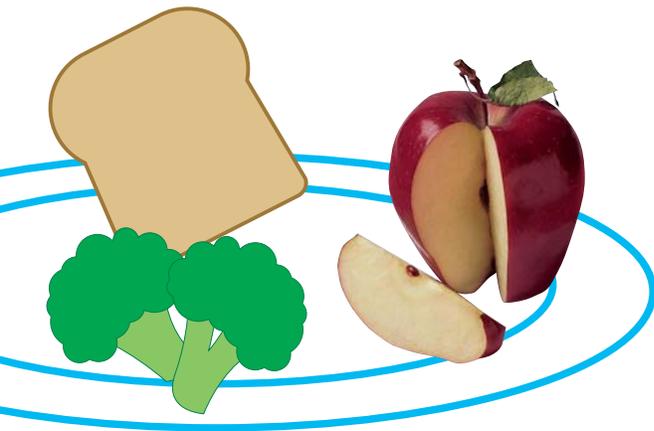
Grains: Add whole grains. Choose grains for breakfast and eat them as snacks:

Smart Choice: Add variety to your life. Grains are tasty and thrifty choices. Most people like them. Try different kinds of whole grains.

- Ready-to-eat, whole-grain cereals such as toasted oat cereal are a great crunchy snack.
- Popcorn, a whole grain, can be a healthy snack if you don't add a lot of salt and butter. Put some on your soup instead of crackers.

On the Food Label:

- Choose foods that name whole grains first on the label's ingredient list: brown rice, bulgur, graham flour, oatmeal, whole oats, whole rye, whole wheat, wild rice, whole-grain corn.



Vegetables: Add vegetables by including them in lunch, dinner and snacks:

Smart Choice: Think vegetables first when planning a meal.

- Dried beans like white beans, red beans and lentils have a long shelf life when kept dry.
- Eat your greens. No time to fix them? Try the prepared food counter at the grocery store instead of the fast-food restaurant.

On the Food Label:

- Does this food contain added fats or sodium?

Fruit: Add fruits by including fresh fruit at each meal and as snacks:

Smart Choice: Remember, fruit is nature's dessert.

- Increase your potassium intake by eating fresh fruits.
- Add fruit instead of sugar to cereal.
- Fruits in season cost less. They taste better because they are fresh.
- Dried fruits have a long shelf life, are easy to carry with you and taste sweet like candy.
- Choose whole fresh fruit, canned fruit in its own juice or frozen fruits without added sugars.

On the Food Label:

- Does this canned fruit have added sugar?
- Is this fruit juice 100% juice?

Dairy Foods and Calcium: Include dairy foods and other calcium sources at each meal:

Smart Choice: Order milk instead of soft drinks when you eat out.

- Don't forget cheese. Small amounts of cheeses can add a lot of flavor.
- Use lactose-free milk or drink smaller amounts of milk at a time if you are lactose intolerant.
- Keep ice cream at the tip of the pyramid.
- If you don't drink milk, try some of these foods: sardines, canned salmon, tofu, and breakfast foods and beverages with added calcium.

On the Food Label:

- Check for calcium content. Your dairy serving should supply 30% of the Daily Value for calcium.
- Choose the lower-fat dairy products.

Meat and Beans: Make choices that are lower in fat when selecting meats and poultry:

Smart choice: Variety counts. Eat more fish, dry beans, eggs and nuts.

- Meat costs a lot, so don't waste it. Learn to choose and prepare lean meats.
- Canned fish like salmon and tuna are good sources of protein and healthy fats.

On the Food Label:

- Smart Choice: The label on ground beef should read 90% lean.
- Meat and poultry are sources of saturated fat. Check the label.

Fats: Choose fats that are low in saturated fats:

Smart choice: Vegetable oils and oily foods like nuts contain vitamin E, so choose them more often.

- Use oils and spreads made from liquid oil instead of butter, shortening or lard.

On the Food Label:

- Check for saturated fats and trans fats. Keep them to a minimum in your diet.

Exercise: Find activities that are fun for you.

Smart Choice:

- Drink plenty of fluids before, during and after a workout.
- Warm up for 5 minutes by walking briskly.

**Fats, sugars and sodium:
Know the limits and eat less of foods that
have a lot of these.**

Practice what you've learned by building this MyPyramid Sandwich:

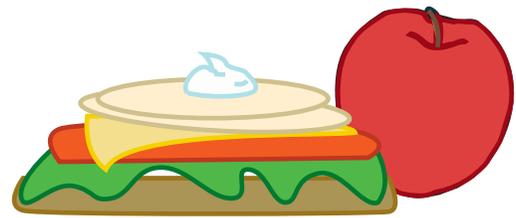
Grain: 2 pieces of whole-wheat bread _____ ounces

Vegetable: Dark green lettuce and a slice of tomato _____ cups

Dairy: Part-skim low moisture Mozzarella cheese _____ cups

Meat and Beans: Sliced chicken (not deli style) _____ ounces

Oils: 1 tsp. mayonnaise for each sandwich
Add an apple _____ cups and you've built a pyramid!



Tips from Louisiana Mothers

- Soft drinks and fruit-flavored drinks are not a smart choice.
- Let children select and help prepare healthful meals.
- Teach kids to read the ingredient list and help with the grocery shopping.
- Parents' actions, not words, are the key to better nutrition for kids.

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