

7.NPA.1 – Apply tools (MyPlate, Nutrition Facts Label) to plan and employ healthy nutrition and fitness.

ESSENTIAL STANDARD

CLARIFYING STANDARD

- × 7.NPA.1.1 – Use the Dietary Guidelines for Americans to eat nutrient-- -dense foods in moderation.

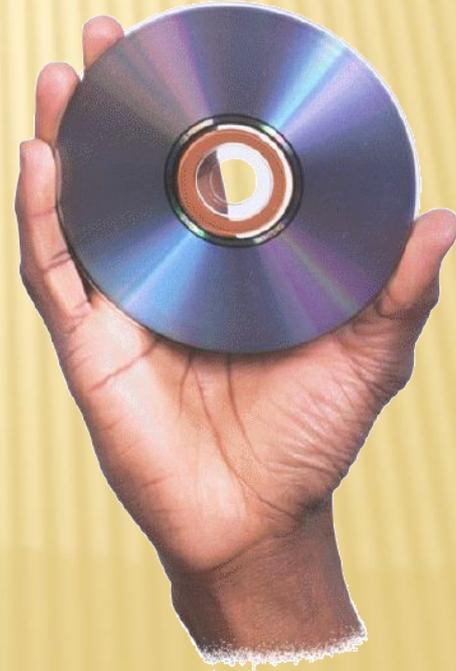
PORTION SIZES

What do you think they are?

- × Pancake
- × Milk
- × Peanut butter
- × Grapes
- × Chicken/meat
- × Salad
- × Rice
- × Broccoli or applesauce

One Pancake

= SIZE OF A COMPACT
DISC



1 GLASS OF MILK

= Measuring Cup



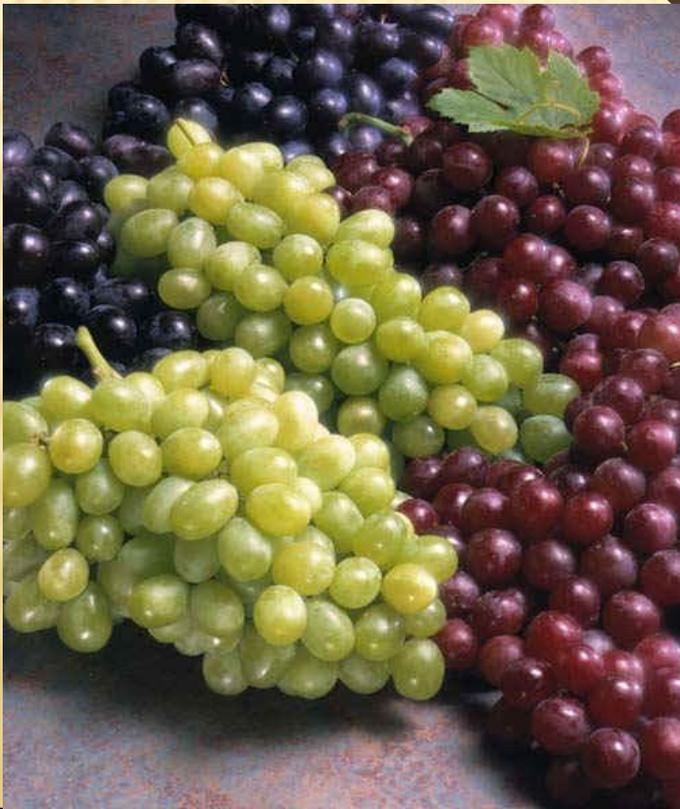
2 TABLESPOONS OF
PEANUT BUTTER

= ping pong ball



1/2 CUP OF GRAPES

= Light Bulb



1 SERVING OF CHICKEN (3
OZ. OF MEAT)

= Deck of Cards



1 CUP OF GREEN
SALAD

= baseball



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1/2 CUP RICE

= cupcake wrapper



1/2 CUP APPLESAUCE OR 1/2

CUP BROCCOLI

= ice cream scoop



PORTION SIZE COMPARISON

- × **1 pancake**
- × **½ cup of grapes**
- × **2 tablespoons of peanut butter**
- × **1 serving of chicken**
- × **½ cup of fruit**
- × **1 serving of butter**
- × **1 cup of green salad**
- × **½ cup of rice**
- × **½ cup broccoli**
- × **1 ½ ounces of cheese**
- × **1 cup of pasta**
- × **1 glass of milk**

WHAT IS A "HEALTHY DIET"?

The Dietary Guidelines describe a healthy diet as one that:

- **Emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products**
- **Includes lean meats, poultry, fish, beans, eggs, and nuts**
- **Is low in saturated fats, *trans fats*, cholesterol, salt (sodium), and added sugars**

CALORIC BALANCE

The **balance between calories consumed** in foods and beverages **and calories expended through physical activity** and metabolic processes.



NUTRIENT DENSITY

Nutrient-dense foods and beverages provide vitamins, minerals, and other substances that may have positive health effects with relatively few calories.

All vegetables, fruits, whole grains, seafood, eggs, beans and peas, unsalted nuts and seeds, fat-free and low-fat milk and milk products, and lean meats and poultry (when prepared without adding solid fats or sugars) are nutrient-dense foods.

Dietary Guidelines 2015

Key Recommendations

Consume a healthy eating pattern that accounts for all foods and beverages within an appropriate calorie level.

A healthy eating pattern includes:

- A variety of vegetables from all of the subgroups—dark green, red and orange, legumes (beans and peas), starchy, and other
- Fruits, especially whole fruits
- Grains, at least half of which are whole grains
- Fat-free or low-fat dairy, including milk, yogurt, cheese, and/or fortified soy beverages
- A variety of protein foods, including seafood, lean meats and poultry, eggs, legumes (beans and peas), and nuts, seeds, and soy products
- Oils



A healthy eating pattern limits:

- Saturated fats and *trans* fats, added sugars, and sodium

Key Recommendations that are quantitative are provided for several components of the diet that should be limited.

- Consume less than 10 percent of calories per day from added sugars
- Consume less than 10 percent of calories per day from saturated fats
- Consume less than 2,300 milligrams (mg) per day of sodium
- If alcohol is consumed, it should be consumed in moderation—up to one drink per day for women and up to two drinks per day for men—and only by adults of legal drinking age.

VIDEO CLIP

- × [How to Follow the USDA MyPlate Dietary Guidelines Clip](#)

MYPLATE WEBSITE

× [MyPlate](#)

MYPLATE GUIDELINES:

1. Enjoy your food but eat less.
2. Avoid oversized portions.
3. Make half your plate fruits and vegetables.
4. Make at least half your grains whole grains.
5. Switch to fat-free or low-fat (1%) milk.
6. Compare sodium in foods and choose lower numbers.
7. Drink water instead of sugary drinks.

CLOSURE:

- ✘ *You have done a good job selecting and planning to eat more nutrient dense foods that emphasize the principles of the Dietary Guidelines for Americans.*