

# Skills for Living

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# Topic 12-2

## Making Daily Food Choices

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- In this topic, you will learn how to choose foods that will supply nutrients, as well as
  - ❖ Influences on food choices
  - ❖ MyPyramid
  - ❖ The Dietary Guidelines for Americans

# Making Daily Food Choices

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## **Objectives for Topic 12-2**

After studying this topic, you will be able to

- describe how food choices are influenced by physical, emotional, social, and cultural factors
- plan a well-balanced diet based on the MyPyramid food guidance system
- list the Dietary Guidelines for Americans

# Topic 12-2 Terms

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- ❖ MyPyramid
- ❖ Dietary Guidelines for Americans



# MyPyramid



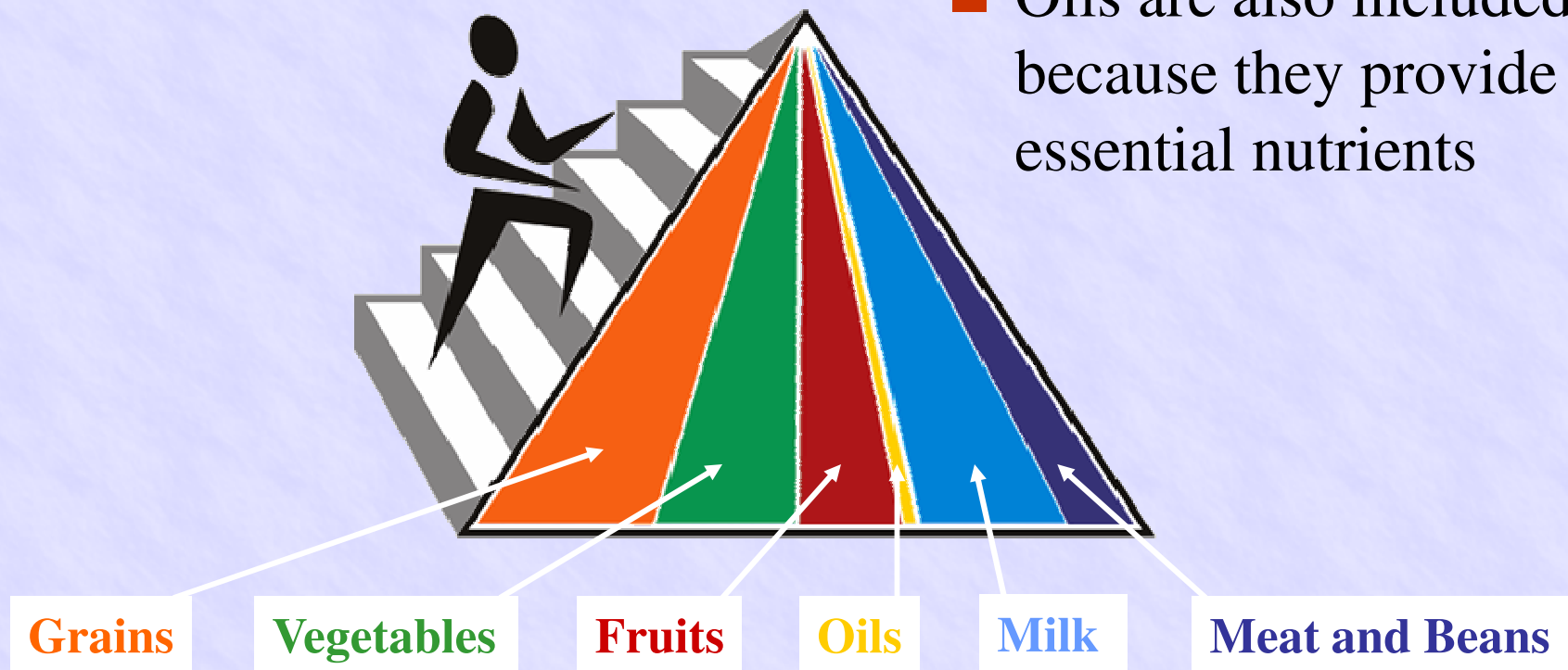
**MyPyramid.gov**  
STEPS TO A HEALTHIER YOU

- *MyPyramid* symbolizes a personalized approach to healthy eating and physical activity

# MyPyramid

- Foods are grouped based on similarity of nutrient content
- The width of the colored bands represents the recommended proportion of foods from each group

- Oils are also included because they provide essential nutrients



# Grains

Nutrients	Ounce Equivalents
Carbohydrates	● 1 slice of bread
Thiamin	● 1 cup ready-to-eat cereal
Niacin	● ½ cup cooked cereal, rice, or pasta
Folate	● 5 whole wheat crackers
Fiber	● 3 cups popcorn
Iron	

- Differing amounts of grains are recommended for your age group and activity level
- Check [www.MyPyramid.gov](http://www.MyPyramid.gov) to see specific recommendations

# Vegetables

Nutrients	Cup Equivalents
Vitamins A & C	<ul style="list-style-type: none"><li>● 2 cups raw leafy vegetables</li><li>● 1 cup other raw or cooked vegetables</li><li>● 1 cup vegetable juice</li></ul>

- Most teens need 3 to 4 cups of vegetables daily



# Fruits

Nutrients	Cup Equivalents
Fiber Vitamin C Potassium	<ul style="list-style-type: none"><li>● 1 medium apple, banana, orange, or pear</li><li>● 1 cup chopped, cooked, or canned fruit</li><li>● 1 cup fruit juice</li><li>● ½ cup dried fruit</li></ul>

- Most teens need 2 to 2½ cups of fruit daily

# Milk

Nutrients	Cup Equivalents
Calcium Riboflavin Phosphorus Protein Vitamin D	<ul style="list-style-type: none"><li>● 1 cup milk or yogurt</li><li>● 1½ ounces natural cheese</li><li>● 2 ounces processed cheese</li></ul>

- Teenagers need 3 cups from the milk group daily

# Meat and Beans

Nutrients	Ounce Equivalents
Protein Iron B Vitamins	<ul style="list-style-type: none"><li>● 1 ounce cooked lean meat, poultry, fish</li></ul> <p>Count these as 1 ounce of lean meat</p> <ul style="list-style-type: none"><li>● ¼ cup cooked dry beans</li><li>● 1 egg</li><li>● 1 tablespoon peanut butter</li><li>● ½ ounce nuts</li></ul>

- Most teen girls need 5 to 7 oz. of lean protein daily
- Most teen boys need 6 to 7 oz. of lean protein daily

# Oils

- Common sources of healthy oils are
  - ❖ nuts
  - ❖ olives
  - ❖ avocado
  - ❖ certain fish
  - ❖ cooking oils
  - ❖ margarine
  - ❖ certain salad dressings





# The Dietary Guidelines for Americans

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- The *Dietary Guidelines for Americans* are guidelines suggested by the U.S. Departments of Agriculture and Health and Human Services to help people choose healthful diets
- The Guidelines are based on research that relates diet to health problems

# The Dietary Guidelines for Americans

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- Adequate nutrients within calorie needs
  - ❖ Consume a variety of nutrient-dense foods and beverages within and among the food groups
  - ❖ Choose foods that limit the intake of saturated and *trans* fats, cholesterol, added sugars, salt, and alcohol
  - ❖ Meet recommended intakes within energy needs by adopting a balanced eating pattern, such as MyPyramid

# The Dietary Guidelines for Americans

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- Weight management
  - ❖ To maintain body weight in a healthy range, balance calories from foods and beverages with calories expended
  - ❖ To prevent gradual weight gain over time, make small decreases in food and beverage calories and increase physical activity



# The Dietary Guidelines for Americans

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## ■ Physical activity

- ❖ Engage in regular physical activity and reduce sedentary activities to promote health, psychological well-being, and a healthy body weight
- ❖ Achieve physical fitness by including cardiovascular conditioning, stretching exercises for flexibility, and resistance exercises or calisthenics for muscle strength and endurance



# The Dietary Guidelines for Americans

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- Food groups to encourage
  - ❖ Consume enough fruits and vegetables while staying within calorie needs
  - ❖ Select from all five vegetable subgroups (dark green, orange, legumes, starchy vegetables, and other vegetables) several times a week
  - ❖ Consume 3 or more ounce-equivalents of whole-grain products per day, with the rest of the grains coming from enriched or whole-grain products
  - ❖ Consume 3 cups per day of fat-free or low-fat milk or equivalent milk products

# The Dietary Guidelines for Americans

## ■ Fats

- ❖ Consume less than 10 percent of calories from saturated fatty acids and less than 300 mg/day of cholesterol
- ❖ Keep total fat intake between 20 to 35 percent of calories, with most fats coming from sources of polyunsaturated and monounsaturated fatty acids, such as fish, nuts, and vegetable oils
- ❖ When selecting and preparing meat, poultry, dry beans, and milk or milk products, make choices that are lean, low-fat, or fat-free

# The Dietary Guidelines for Americans

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## ■ Carbohydrates

- ❖ Choose fiber-rich fruits, vegetables, and whole grains often
- ❖ Choose and prepare foods and beverages with little added sugars or caloric sweeteners
- ❖ Reduce the incidence of dental caries by practicing good oral hygiene and consuming sugar- and starch-containing foods and beverages less frequently



# The Dietary Guidelines for Americans

- Sodium and potassium
  - ❖ Consume less than 2300 mg (approximately 1 teaspoon of salt) of sodium per day
  - ❖ Choose and prepare foods with little salt
  - ❖ At the same time, consume potassium-rich foods, such as fruits and vegetables





# The Dietary Guidelines for Americans

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## ■ Food Safety

### ❖ To avoid microbial foodborne illness

- clean hands, food contact surfaces, and fruits and vegetables
- do not wash or rinse meat and poultry
- separate raw, cooked, and ready-to-eat foods while shopping, preparing, or storing foods
- cook foods to a safe temperature
- chill (refrigerate) perishable food promptly and defrost foods properly

# Summary for Topic 12-2

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- MyPyramid is a personalized approach to healthy eating and physical activity
- MyPyramid divides foods that have similar nutrient content into groups
- Eating the recommended number of servings from each group every day will help you meet your nutrient needs
- The Dietary Guidelines for Americans provide suggestions for a healthy diet