

# ROCKLAND NEWS

## Do's and Do Not's of Healthy Eating



As the captain of the cheerleaders, I like to think I know a lot about nutrition and fitness. But the truth is that I have a few tricks that I use to help me eat healthy and I'm willing to share them with you.

I find that the healthier foods are on the outside of the grocery store. Instead of walking up and down the center aisles, circle the outer edge of the grocery. You should find fruits and veggies, dairy, breads and meats. These foods are fresh and often healthier than packaged and frozen foods.

Also, avoid fast foods. Most fast food meals are high in sodium, fat and calories. If you **MUST** eat fast food, choose the smallest portion sizes, get burgers without mayonnaise and skip the fries. Always eat your meat, chicken and fish broiled instead of fried. And, when eating bread or pasta, choose whole-wheat cause they're higher in fiber.

## Good Nutrition Is a Balancing Act



Everyone knows that you must put gasoline in a car to make it move. It is interesting that the human body is not very different. The foods that we eat serve as fuel for our bodies. But it is important to balance what we eat with our physical activity to maintain a healthy weight.

When it comes to “what” to eat, there is a simple way to think about variety. Foods in the grains, vegetables and fruits groups give our bodies energy and help keep our bodies working properly. Foods in the dairy and protein groups help our bodies grow and get stronger. This simple chart shows the foods in each category:

### ENERGY FOODS

#### *fruits, vegetables & grains*

Orange Juice  
Apples/Apple Sauce  
Green Salad  
Cereal with Fruit  
Whole-Wheat Bread  
Whole-Wheat Spaghetti

### GROWING FOODS

#### *proteins & dairy*

Meatballs  
Milk (low-fat)  
Turkey  
Yogurt

When it comes to “how much” to eat, kids our age who are active (meaning they get at least 30-60 minutes of physical activity a day), should eat the following:

- Grains = 5-6 ounces
- Vegetables = 2-3 cups
- Fruit = 1½-2 cups
- Dairy (low-fat or fat-free) = 2½-3 cups
- Protein Foods = 5 ounces

**Q:** *Is it true that there is no longer a food guide pyramid? And if that's true, what are we supposed to eat and how much?*

**A:** *In 2011, the USDA developed a new way of thinking about what we eat and how much we eat. It's called [ChooseMyPlate.gov](http://ChooseMyPlate.gov), and it is an illustration of a plate showing how much of different types of food we should eat at each meal. If you look at the illustration, you'll see that half of your plate should be fruits and vegetables, with  $\frac{1}{4}$  of your plate grains, such as whole grain breads, pasta and rice and  $\frac{1}{4}$  proteins, such as beef, chicken, beans or fish. To find out more, go online to [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov).*



Healthy Lifestyle Choices (HLC) is a nonprofit organization working to empower youth with the knowledge and skills to make healthy decisions for a lifetime. Find out more by visiting their website at [www.HLConline.org](http://www.HLConline.org).



## My Corner of the World



The best way to learn to like something is to try it. I used to think I didn't like fruit very much, but that is because my mom kept buying only apples and bananas. I got a little tired of them and didn't want to eat them anymore. So my mom decided that we would try a new fruit or vegetable every week so we could find new things we like.

Since we started I found all kinds of things I like. I love pineapple, pears, kiwi and peaches. I also like green peas, string beans and collard greens. You have to be careful not to judge a food just by how it looks, but by taste. I didn't want to eat the collard greens, but they are yummy delicious! Why don't you try something new and see if you like it?

