

Healthy Chewing For a Change!!

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Food is yummy, everyone loves it, and everyone needs it to survive! Whether its fast foods, organic foods, or vegetarian foods it is important to eat the right foods. Making healthy choices when it comes to food can be expensive. But it can help you to become healthier and stronger. Eating a “happy meal” four times a week for lunch can be unhealthy, especially when you do not get a lot of exercise in your daily life. Instead of having a cheeseburger and fries for lunch, or chicken nuggets, you should instead think about having a tasty fruit salad with a homemade sandwich.

In order to make the right choices in foods you first have to know what they are. What we eat is divided into categories in a food pyramid. The **food pyramid** shows the types of foods that a person should eat every day and is a picture of a triangle that is split into the 5 main food groups that our bodies need in order to be healthy. You can find it on the back of many types of food, especially bread. Each section shows the amount of servings each person should get on a daily bases. In order to keep your body healthy and working well it is important that you at least try to get a little bit of food from each group everyday. One thing the food pyramid emphasizes is that people should eat less fats, oils and sweets. This means that people should cut down on candy, soda, potato chips, and cookies. The food pyramid is a way to educate us on how we should eat a more balanced diet from a variety of food.

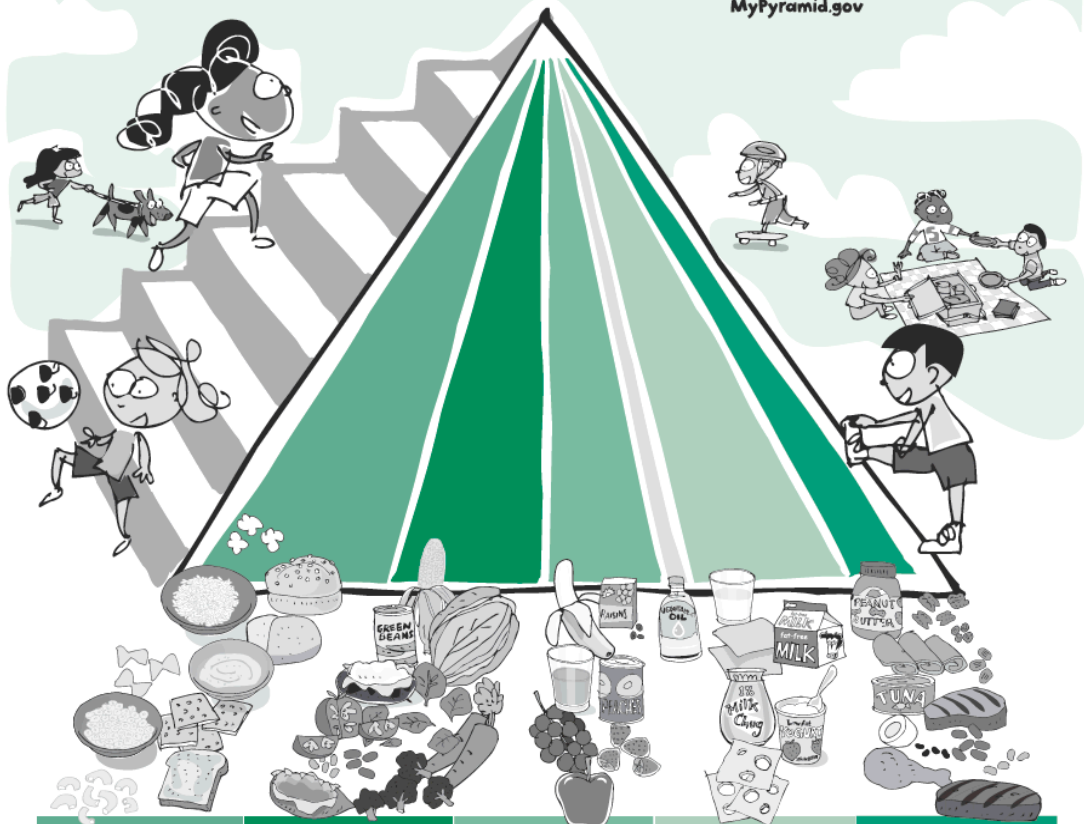
Food is an important part of your life. Although some of us may not make the right choices when we are hungry, food still gives us the energy we need to survive. Some foods are healthier and better for your body like vegetables and fruits. Taking advantage of healthy eating habits at a young age could help you to live a stronger and a more active life. Remember staying active goes along with eating healthy. The less sugary drinks you drink and the less greasy and oily foods you eat can help you to perform better and live longer. A good place to get healthy eating habit tips is from the food pyramid. There you can be find out what groups of foods you should be eating the most, and what foods you should be eating the least.

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For Kids

Eat Right. Exercise. Have Fun.

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Grains Make half your grains whole	Vegetables Vary your veggies	Fruits Focus on fruits	Milk Get your calcium-rich foods	Meat & Beans Go lean with protein
<p>Start smart with breakfast. Look for whole-grain cereals.</p> <p>Just because bread is brown doesn't mean it's whole-grain. Search the ingredients list to make sure the first word is "whole" (like "whole wheat").</p>	<p>Color your plate with all kinds of great-tasting veggies.</p> <p>What's green and orange and tastes good? Veggies! Go dark green with broccoli and spinach, or try orange ones like carrots and sweet potatoes.</p>	<p>Fruits are nature's treats – sweet and delicious.</p> <p>Go easy on juice and make sure it's 100%.</p>	<p>Move to the milk group to get your calcium. Calcium builds strong bones.</p> <p>Look at the carton or container to make sure your milk, yogurt, or cheese is lowfat or fat-free.</p>	<p>Eat lean or lowfat meat, chicken, turkey, and fish. Ask for it baked, broiled, or grilled – not fried.</p> <p>It's nutty, but true. Nuts, seeds, peas, and beans are all great sources of protein, too.</p>
<p>For an 1,800-calorie diet, you need the amounts below from each food group. To find the amounts that are right for you, go to MyPyramid.gov.</p>				
<p>Eat 6 oz. every day; at least half should be whole</p>	<p>Eat 2 1/2 cups every day</p>	<p>Eat 1 1/2 cups every day</p>	<p>Get 3 cups every day; for kids ages 2 to 6, it's 2 cups</p>	<p>Eat 5 oz. every day</p>

Oils Oils are not a food group, but you need some for good health. Get your oils from fish, nuts, and liquid oils such as corn oil, soybean oil, and canola oil.

Find your balance between food and fun

- Move more. Aim for at least 60 minutes everyday, or most days.
- Walk, dance, bike, rollerblade – it all counts. How great is that!

Fats and sugars – know your limits

- Get your fat facts and sugar smarts from the Nutrition Facts label.
- Limit solid fats as well as foods that contain them.
- Choose food and beverages low in added sugars and other caloric sweeteners.

New food pyramid, 2005