



Welcome!

Personal Touch Food Service is happy to introduce our ***Nutrition and Wellness Policy*** and educational program. Our goal is to promote good nutrition, health and wellness, by offering you healthy food options and providing up-to-date nutrition and lifestyle education.

This is the first in a series of educational topics you will find here, designed to help you make smart food and exercise choices.

Let's begin with our philosophy: "**Balance Always Wins!**" Whatever your goals, to be a **winner**, you have to first be **healthy**. Being healthy is all about balance.

Balance means:

- ▶ Eating foods from each food group
- ▶ Choosing a variety of foods within each group
- ▶ Making healthy selections to get the nutrients you need
- ▶ Eating the right amounts of foods
- ▶ Exercising enough to keep your body fit

Our logo and color spectrum represent the different food groups of the new food guide pyramid you see here.

The pyramid recommendations focus on:

- ▶ **Variety:** Eat foods from all groups and subgroups.
- ▶ **Proportionality:** Eat more of some foods (fruits, vegetables, whole grains, fat-free or low-fat milk products), and less of others (foods high in saturated or *trans* fats, added sugars, cholesterol, salt, and alcohol.)
- ▶ **Moderation:** Choose forms of foods that limit intake of saturated or *trans* fats, added sugars, cholesterol, salt, and alcohol.
- ▶ **Activity:** Be physically active every day.

For a balanced life, you'll need sufficient:

- ▶ Energy
- ▶ Strength
- ▶ Endurance
- ▶ Intelligence
- ▶ Success

Balanced nutrition and living a healthy lifestyle can help you unlock your potential and achieve your goals.

And balancing with ***color*** will help lead the way!

Look for more in depth discussions on these topics and others in the weeks and months ahead!

THE KEY TO LIFE IS **BALANCE**





MOVE MORE!

We sit a lot these days... drive places, sit in classes and at the computer, play video games, watch TV. Americans are getting sicker -and thicker – and much of it has to do with not moving enough!

WHY is moving important?

When you are **active**, you:

- ▶ Feel healthier
- ▶ Feel happier with less stress
- ▶ Have more energy
- ▶ Keep fit and trim
- ▶ Build muscle & bone
- ▶ Lose excess fat
- ▶ Think & concentrate better
- ▶ Are more flexible
- ▶ Have strong heart & lungs

It's been proven, kids that move more, **score higher on tests & perform better in academics & sports.**

HOW MUCH is enough?

Move your body with sports, games and other forms of activity EVERYDAY for at least 60 minutes total. MIX it up! You can get moving at separate times throughout the day doing different things, or exercise all at once.

WHAT can I do?

Here are just a few ideas:

- ▶ Walk
- ▶ Jog
- ▶ Dance
- ▶ Tennis
- ▶ Badminton
- ▶ Jump Rope
- ▶ Dance with videos
- ▶ Hike
- ▶ Golf
- ▶ Volleyball
- ▶ Ride your bicycle
- ▶ Basketball
- ▶ Work out with videos
- ▶ Bowl
- ▶ Climb
- ▶ Roller Blade
- ▶ Soccer
- ▶ Swim
- ▶ Chores

WHEN should I move?

ALL day long! If you're an early riser, start in the morning. Exercise at home or at school with intramurals. Right after school is a great time to get your blood pumping. Get up & move, and have fun getting healthier!

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THE KEY TO LIFE IS BALANCE





SMART SNACKING

Is it healthy to snack?

A lot of people think snacking is a bad habit – but snacking can be **smart and healthy!** It's all about **balance**: what you choose, how often, and how much you eat.

SNACKING CAN HELP YOU WITH YOUR WEIGHT AND FITNESS GOALS:

- ▶ Small, frequent meals and snacks can help speed up your metabolism, which can help you lose extra weight or maintain a healthy weight.
- ▶ You'll have plenty of energy all day for work and play.
- ▶ It is easier to stop eating when you reach satisfied, instead of full. Snacks can prevent you from eating too much of anything.

All snacks are not alike – It matters **WHAT YOU CHOOSE!** Here are healthy choices:

- ▶ raw vegetables
- ▶ fruits – fresh or dried
- ▶ low-fat yogurt
- ▶ whole grain crackers
- ▶ whole grain cereal & cereal bars
- ▶ low fat baked chips & pretzels
- ▶ low fat milk & smoothies
- ▶ string cheese & other low fat cheese
- ▶ peanut butter on celery (add raisins for "ants on a log!")
- ▶ nuts & seeds
- ▶ low-fat frozen yogurt or ice cream
- ▶ frozen fruit bars
- ▶ trail mix

Even chocolate, especially dark, can be healthy for you but **WATCH HOW MUCH!** Eating sticky and sugary snacks can lead to tooth decay and cavities, and too much sugar from drinks and sweets can make your weight creep up easily!

So **HOW OFTEN** should you snack? It depends on how much you eat at meals and how much you MOVE! The more you move, the more fuel your body will need. Most kids like a snack after school for an energy boost. Dessert or a snack before bed can also be healthy, as long as it doesn't cause weight gain beyond what's healthy for growth.

Remember: **BE SMART ABOUT THE CHOICES YOU MAKE AND YOU CAN BE A SMART AND HEALTHY SNACKER!**

Written by: Mary Jo Parker, MS, RD, CDN, Nutrition Consultant to Personal Touch Food Services, Inc.

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WHAT SHOULD I WEIGH?

People come in all different shapes and sizes. The best weight for you is the one that is right for your genetic body type. It's not always "good" to be thin or "bad" to weigh more – just like it's not "good" to be tall and "bad" to be short. There is no "perfect" body size!

Physical traits passed down from your parents play a role in determining your size and weight, BUT your *LIFESTYLE – eating and exercise* – plays an even bigger role. The way you live has a significant impact on the way you look.

How much you weigh is determined by the calories you eat and the calories you use. If you eat more calories than your body uses, you can gain too much weight. If you sit around watching television and playing video games too much, you will burn fewer calories than if you are moving your body more. If you exercise too much and don't eat enough, you won't get enough calories to grow and be healthy. If you are in BALANCE, your weight will stay right for you as you grow. Staying at the right weight for you means knowing the healthy weight for your age, height and body type. Checking with an adult and seeing your doctor or dietitian/nutritionist can help you to be sure.

HOW IS IT MEASURED?

Being overweight or underweight is more than what you weigh on a scale. It has to do with height and body fat, and can be determined by using the tool called body mass index, or BMI.

WHAT IS BMI?

Your height and weight go into a calculation that results in a BMI number for you. The number can be plotted on a chart for your age and if you are a boy or girl, to help determine if you are in a healthy weight range. Because muscle weighs more than fat, it is possible for an athlete or other more muscular person to have a high BMI without being overweight. It is also possible for someone to have a low or ideal BMI but still have too much body fat.

WHY DOES IT MATTER?

It's hard to feel good about yourself if you don't feel good about your body. Being overweight or underweight can make you feel embarrassed, sad or angry. You can have less energy and struggle more with school work and sports. Kids who are overweight or underweight can be at higher risk of growth problems and disease as they grow older.

Remember – BALANCING your calories IN - *the food you eat*, with the calories OUT - *how much you move*, is the BEST way to stay the right weight for you!

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WATCH THE EXTRAS!!

If you want to eat **balanced and healthy**, wouldn't you think it's important to know **what is actually IN** what you're eating? It may be surprising to learn that **most people don't know what is in what they eat!!**

Many popular foods and beverages have what we call "**hidden calories**" – ingredients that add extra calories to foods to make them more "**calorie dense.**" The problem with eating calorie dense foods is that it is really easy to get more calories than you need in a day, and that can lead to unwanted weight gain.

Many of the sources of **HIDDEN CALORIES** come from sugars and fats in foods.

For example, did you know:

- ▶ ...there are **10 teaspoons of sugar** (40 grams) in a **can of soda pop**?! All of the 150 calories in that can of pop come from sugar! **INSTEAD: Try flavored seltzer or sparkling water**, with all the goodness of water, plus bubbles, but **NO sugar!**
- ▶ ...an **8 ounce cup of juice** has about **7 teaspoons of sugar**?! Although there are nutrients in juice that make it more valuable than pop or other fruit flavored drinks, the calories can really add up! **One cup of juice equals 2-3 pieces of fruit!** **INSTEAD: Eat the fruit!** You'll get all the fiber and nutrients found in fruit, and it will fill you up and satisfy you more! Or, if you want a **thirst-quenching drink**, try adding a **small amount of juice to sparkling water** and you'll get less sugar with more flavor.
- ▶ ...there are **3 teaspoons of fat** (15 grams) in a **small serving of fries**?! Potatoes are a healthy choice, but, not with all that fat! **INSTEAD: Try slicing white or sweet potatoes & baking until crispy:(NO FAT) or have a baked potato with 1 packet sour cream or 1 oz. lowfat cheese:** (only 1 **TEASPOON** of **FAT**) and enjoy the flavors!
- ▶ ...there are **10 grams of fat** (2 teaspoons) and **90 calories** in a **small packet of mayonnaise**?! **INSTEAD: Switch to mustard**, which has **NO FAT**, or **light mayo:** **HALF** the fat and calories & **ALL** the flavor!!
- ▶ ...there are about **200 calories** and **20 grams of fat** (4 teaspoons) in one tiny packet of **regular salad dressings**?! **INSTEAD: Switch to a reduced fat or nonfat dressing** and you can **reduce the calories and fat by at least half!**

REMEMBER: How often and how much you eat - even calorie dense foods - **still matters most.** Eating calorie dense foods regularly means you will need to eat less, and exercise more, to manage your weight and health.

BE ON THE LOOKOUT: CHECK LABELS FOR FAT AND SUGAR AND WATCH FOR THE HIDDEN CALORIES IN THE FOODS YOU CHOOSE!!

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DODGE THE *DIET TRAP!*

A “diet” can be defined as the foods a person regularly eats. We ALL eat, so technically, we all have a daily diet we consume. BUT, when the word “diet” describes a plan to lose weight by extremely limiting calories or certain types of foods, it’s a “fad diet” that can be **dangerous...and definitely won't work!**

BEWARE of the *danger signs of fad diets:*

- ▶ Promise quick & extreme weight loss
- ▶ Can use hazardous ingredients in pills or drinks
- ▶ Can use foods that promise to magically burn fat
- ▶ Have strict menus that often eliminate whole food groups
- ▶ Promise no need to exercise

The REASONS why they are *dangerous and don't work:*

- ▶ Because these diets cut calories too low or cut out entire food groups, you could lose a lot of body water, vitamins and minerals that your body needs to stay healthy and balanced. Without the right balance, you end up sick and tired!
- ▶ Low calorie diets cause a loss of lean body mass from muscles and vital organs in your body. This leads to impaired growth and repair and increased chance of infections and illness. You could stunt your growth and get sick more often.
- ▶ Your metabolism would decrease, which would result in your body needing less calories for every activity. So, you end up needing less food to maintain your weight and if you want to eat more, your weight would go back up!
- ▶ Nearly everyone who goes on a fad diet will regain the weight lost, plus more! This is the “yo yo syndrome” which puts a dangerous strain on your organs and makes it easier for your body to gain weight in the future.
- ▶ These diets discuss foods as “good” or “bad” and support short-term success.

So, if “DIETS” aren’t a smart choice, *what works to get and stay at a healthy weight?*

- ▶ **Eat foods from each food group!** Follow pyramid guidelines to stay balanced.
- ▶ **Watch your portions!** Eat the recommended serving sizes from each group.
- ▶ **Eat frequently and don't skip meals!** Eating every few hours will boost your metabolism and help you avoid being over hungry and over eating.
- ▶ **Eat breakfast!** People who “*break the fast*” after sleeping have healthier weights and do better at school and work.
- ▶ **Move everyday!** Increase your muscle mass and burn more calories even at rest.
- ▶ **Limit screen time!** Too much TV, computer/video games leads to more weight.

REMEMBER: To have a healthy weight, you need to **EAT RIGHT and MOVE!**

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GET INTO THE *BALANCING ACT!*

We need foods from each of the *MyPyramid* food groups to assure we get all the nutrients we need. These “**macronutrients**” (*large* nutrients) are **protein, carbohydrate and fat**. For our bodies to be in good health, we need each of these in the right balance.

PROTEIN: Good sources include: Meats, chicken, fish, eggs, milk, yogurt, cheese, nuts, seeds, legumes (dried peas & beans)

WHY we need it: Protein is important for essential body functions, providing:

- ▶ **Amino acids**, the building blocks that make each of your *60 trillion cells!*
- ▶ **Structure** for muscles, bones, tissues & organs, hair, skin & nails.
- ▶ **Hemoglobin**, which carries oxygen throughout your body.
- ▶ **Neurotransmitters** that affect your health and mood.

HOW MUCH we need: We only need about 15% of our calories from protein. Kids need about 1 gram for every 2 lbs. they weigh, or their wt. divided by 2. Adults need about 60 grams/day. Follow the MyPyramid guide and consume 2 servings from the meat/protein group & 3 servings from dairy group and it’s not hard to get enough!

CARBOHYDRATE: Good sources include: Breads, cereals, rice, vegetables, fruits – These are whole foods or “complex.” Sugars & sweets – These are “simple sugars.”

WHY we need it: We need **complex carbs** for energy and a lot more, providing:

- ▶ **Vitamins & minerals** needed to live every day.
- ▶ **Fiber**, which helps with digestion, steady blood sugar levels & helps keep blood cholesterol and blood fat levels low.
- ▶ **Phytonutrients**, which are protective ingredients that give fruits & vegetables their characteristic color, texture &/or smell.

HOW MUCH we need: We need at least 50% of our calories from whole grains, fruits and vegetables. Limit the desserts & sweets to less than 10% of calories. Use the MyPyramid guidelines for amounts based on your age and activity level.

FAT: Good sources include: Oils, nuts, seeds, nut butters, avocado, olives, fish. Meats, whole milk dairy products, margarine, and packaged or processed foods are sources of less healthy fats.

WHY we need it: Fat is important for all like functions, providing:

- ▶ **Hormones & controlling factors** in our bodies.
- ▶ **Structure** for cells, **insulation** for nerves & **protection** for bones and organs.
- ▶ **Absorption** of fat-soluble vitamins.

HOW MUCH we need: We need about 20-30% of our calories from fats. Most kids need between 50-75 grams/day. Adults’ needs depend on how many calories they eat, how much they move, & if they need to maintain or lose weight. Most will need at least 25 grams/day to be healthy.

REMEMBER: To master the “BALANCING ACT” & be your healthiest, include foods from each of these groups every day: PROTEIN, CARBOHYDRATE & FAT!

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