

Eat.Right.Now.

Nutrition Education for a Healthier Future



Get Steppin' with MyPyramid!

Ask your Nutrition Educator to introduce you to one of our services below:

- ~ Cooking Clubs ~ Boys' Clubs ~ Newsletters
- ~ Health Fairs ~ Girls' Clubs ~ Career Fairs

Tasty Topics:

It's back to school time and one great way to start the school year off right is by taking "Steps to a Healthier You!" The USDA's MyPyramid provides guidelines that can help lead us down a path of healthier living. One step is to start the day with a healthy breakfast. Studies show that eating breakfast improves focus and concentration, can help with weight control and provides vital nutrients to fuel the body. Try to include one food from 3 food groups for the breakfast meal. Whole-grain cereal with milk and fruit, a waffle with peanut butter and a glass of milk, or whole-grain toast, an egg and a glass of 100% juice are three easy breakfast ideas. After breakfast, use the MyPyramid principles of activity, moderation, personalization, proportionality and variety, to lead us down the road of gradual improvement in our health. Get started down the path of a healthy lifestyle by visiting MyPyramid.gov (a completely free service provided by the USDA) today!

Top Five Ways to Use MyPyramid.gov

1. Listen to free [Podcasts](#) about a variety of topics, including vegetarian options.
2. Create a personal MyPyramid Plan by entering your age, weight, and height.
3. Plan your family meals by using their interactive menu planner tool.
4. Keep track of your food intake and physical activity with [MyPyramid Tracker](#).
5. Download free worksheets to use in the classroom or as a reference.

Monthly Mentions

- **Nutrition Tip:** Eat apples topped with almond butter for a delicious yet nutritious snack.
- **Fruit & Vegetable:** For apple and corn recipes, visit our website: <http://www.drexel.edu/nutritioneducation/>.
- **Now In Season:** Grapes, avocado, figs, summer squash/zucchini, mushrooms, celery, onions, cauliflower, and chili peppers.
- **September Health Observations:** Apple Month, Food Safety Education Month, Whole Grains Month, and Eat Dinner Together Month.

Nutrition Education in Action



Students at Sunrise Summer Camp are Steppin' with MyPyramid. Ask your nutrition educator for a MyPyramid poster for your classroom.

Questions or Comments?
Email: nutritioncenter@drexel.edu
EAT.RIGHT.NOW.
Nutrition Education Program
Drexel University

Anatomy of MyPyramid

One size doesn't fit all

USDA's new MyPyramid symbolizes a personalized approach to healthy eating and physical activity. The symbol has been designed to be simple. It has been developed to remind consumers to make healthy food choices and to be active every day. The different parts of the symbol are described below.

Activity

Activity is represented by the steps and the person climbing them, as a reminder of the importance of daily physical activity.

Moderation

Moderation is represented by the narrowing of each food group from bottom to top. The wider base stands for foods with little or no solid fats or added sugars. These should be selected more often. The narrower top area stands for foods containing more added sugars and solid fats. The more active you are, the more of these foods can fit into your diet.

Personalization

Personalization is shown by the person on the steps, the slogan, and the URL. Find the kinds and amounts of food to eat each day at MyPyramid.gov.

Proportionality

Proportionality is shown by the different widths of the food group bands. The widths suggest how much food a person should choose from each group. The widths are just a general guide, not exact proportions. Check the Web site for how much is right for you.

Variety


Variety is symbolized by the 6 color bands representing the 5 food groups of the Pyramid and oils. This illustrates that foods from all groups are needed each day for good health.

Gradual Improvement

Gradual improvement is encouraged by the slogan. It suggests that individuals can benefit from taking small steps to improve their diet and lifestyle each day.



MyPyramid.gov
STEPS TO A HEALTHIER YOU

 U.S. Department of Agriculture
Center for Nutrition Policy
and Promotion
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GRAINS

VEGETABLES

FRUITS

OILS

MILK

MEAT &
BEANS



Funded by the PA Department of Public Welfare (DPW) through the PA NUTRITION EDUCATION TRACKS, a part of USDA's Supplemental Nutrition Assistance Program (SNAP). To find out how SNAP can help you buy healthy foods, contact the DPW's toll-free Helpline at 800-692-7462 or 215-430-0556. This institution is an equal opportunity provider and employer.