

MyPyramid Resource Tips for Teachers

- Grains are from plants, provide fiber, lots of carbohydrates and B vitamins. *Healthier grains are whole grains (whole wheat foods, brown rice, oatmeal, whole grain pasta, cereal or bread such as cheerios, which are made from oats or whole wheat bread) since they have more fiber and minerals. 'Make half your grains whole,' is a good summary.*
- Vegetables and fruits provide a variety of vitamins and minerals. All are plant foods, contain fiber, and are primarily carbohydrates. Eating a rainbow of colors of produce insures you get different vitamins and minerals. *Healthier choice fruits and veggies are frozen or fresh and do not have added fat, sodium or sugar. Most of us need to eat more fruits and veggies.*
- Milk products are from animals, provide bone-building calcium, more carbohydrates (from lactose, a simple sugar) than protein, and provide vitamin A & D. Calcium is abundant in dairy foods and it is important in building and maintaining strong bones. *Healthier choices are low fat or no fat: milk, yogurt and cheese.*
- Meat group foods are from animals and plants; they provide protein and fat, and lots of iron. This food group is important for growing and maintaining our bodies. Most Americans eat too much protein. Too much of any food group results in extra calories being stored as fat in your body. *Healthier choices include lean meats, beans, nuts, seeds and fish.*

