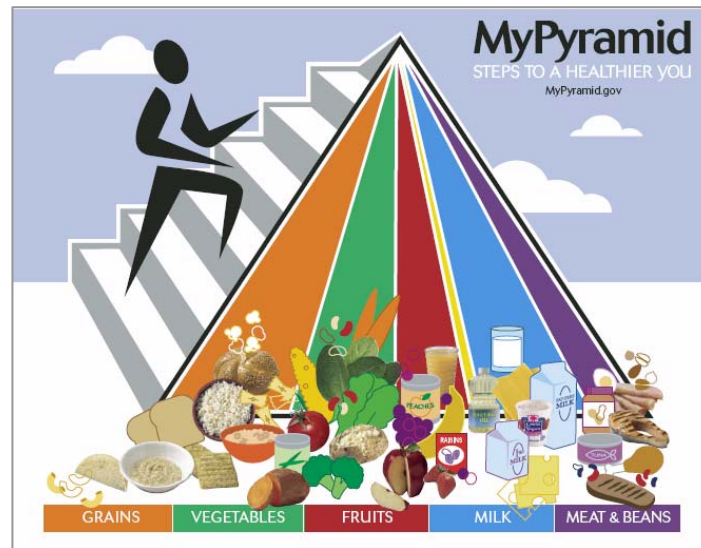


(Editor's note: This article is provided by the District 279 School Health Council.)

Nutrition Notes



By Maia Seitz, Registered Dietitian, Hennepin County

MyPyramid (<www.mypyramid.gov>) helps your family eat healthily. There's also a kids' version of MyPyramid and games at <www.mypyramid.gov/kids/kids_game.html>. Try these tips:

- *Go for variety* — Eat across all the food groups. There are many choices if your child has food allergies or intolerances.
- *Keep it balanced* — Eat more foods from the wider bands. The grains band is a lot bigger than the oils band!
- *Make good choices* — The wide base on the pyramid shows healthier foods that are packed with vitamins and minerals (like plain popcorn). The narrower tip of the pyramid shows foods you should limit because they have extra fat or sugar (like popcorn drenched with butter).
- *Take it one step at a time* — Make just one healthy change every day. They will add up over time!
- *Watch the extras* — Some foods aren't on the pyramid because they don't provide any nutrition besides calories—such as gravy, butter, candy, soda, and alcohol.
- *Get active* — Do something active every day like the person climbing the stairs in the MyPyramid image.

Did You Know?

Too much sugar in your child's breakfast, lunch, or snacks can cause his or her energy to dip, which can make it harder to learn. Offer foods made with vegetables, fruits, whole grains,* low-fat dairy products, and meat or other protein. These foods provide a steady flow of energy to your child's brain.

**Tip: Check the ingredient list on the food label and look for the word "whole" wheat or another whole grain as the first ingredient.*