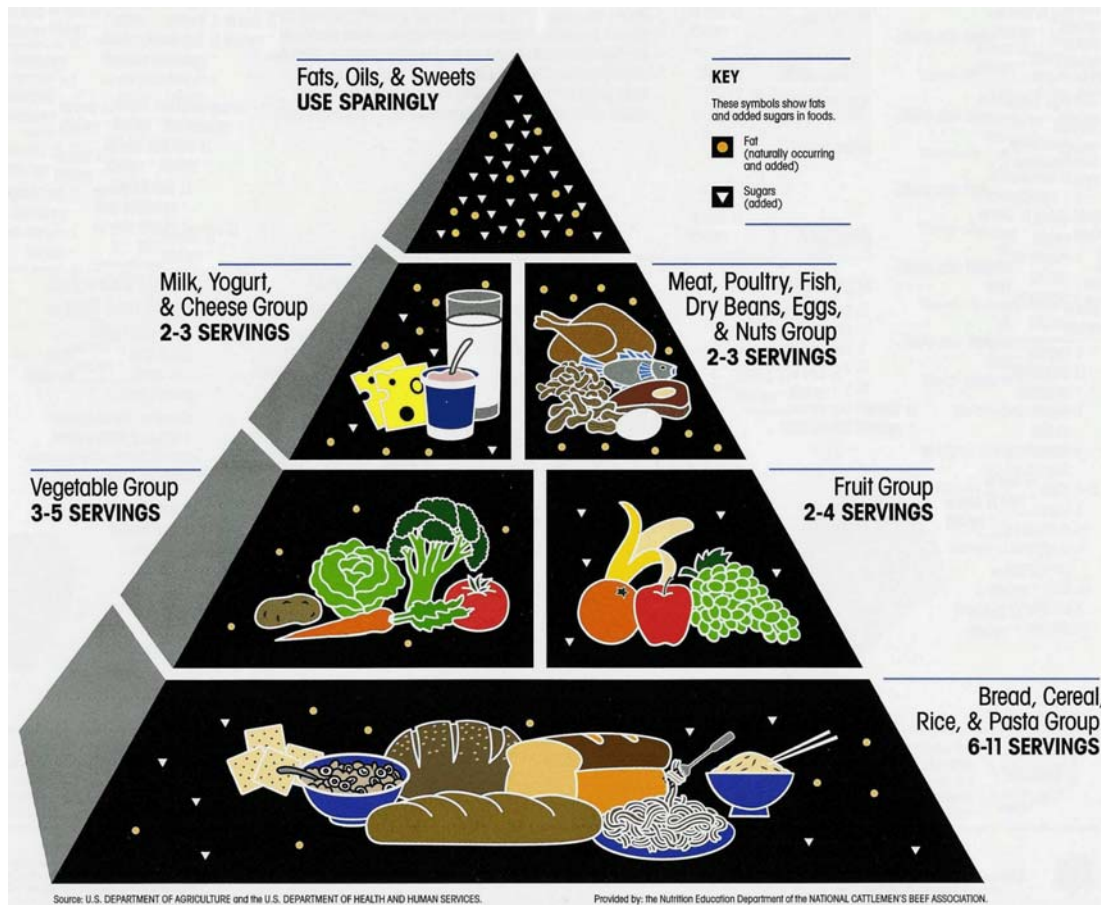




Better Living for Texans

Food Stamp Nutrition Education Program

A joint project of Texas Cooperative Extension, Texas Department of Human Services, and USDA Food and Nutrition Services



THE FOOD GUIDE PYRAMID

YOUR PERSONAL GUIDE TO HEALTHFUL EATING

INTRODUCTION

The Food Guide Pyramid: Your Personal Guide to Healthful Eating is a six-part lesson series with practical information that is designed to use a variety of interactive teaching and learning techniques.

CURRICULUM OBJECTIVES

- ▲ To give participants the opportunity to realize the important role he or she plays in shaping their own personal health, as well as the health of family members.
- ▲ To gain an understanding of the Food Guide Pyramid and the dietary guidelines.
- ▲ To help participants achieve a healthier eating pattern and enjoy the benefits of good nutrition.
- ▲ To help participants with daily food choices that match their personal needs, food preferences and lifestyles.

EDUCATIONAL METHODS

Workshops, presentations, discussions, hands-on activities, demonstrations, fact sheets and recipes. Bilingual services are available.

WORKSHOP SESSIONS

Lesson 1: Food Guide Pyramid and the Dietary Guidelines
Great Beginnings with Grains

- ▲ The major food groups and serving sizes
- ▲ Identify whole grain foods and pasta
- ▲ Myth and truth of bread, cereal, rice, & pasta
- ▲ Importance of Vitamin B, carbohydrates and fiber

Lesson 2: Versatile Vegetables

- ▲ Select, prepare and serve vegetables without increasing calories, fat, sugar and sodium content
- ▲ Identify ways to save money when buying vegetables

Lesson 3: Fabulous Fruits

- ▲ Identify different fruit varieties
- ▲ Identify fruits with sources of Vitamin A, C, folic acid, beta carotene and fiber

Lesson 4: Dairy Does a Body Good

- ▲ Identify low-fat dairy products
- ▲ Important vitamins and minerals in milk, yogurt and cheese

Lesson 5: A Protein Treasure: Meat and More

- ▲ Select, prepare and serve without increasing calories & fat
- ▲ Importance of protein and shopping lean

Lesson 6: Tip

- ▲ Identify high fat, salt, and sugar foods
- ▲ Importance of eating these foods in moderation

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If you are interested in scheduling the Puente de Salud/Bridge to Health Series or if you have any questions, please contact the Nueces County Extension Office, 710 E. Main, Robstown, or call (361) 767-5216.

Talma D. Benavides, CFCS
County Extension Agent
t-benavides@tamu.edu

Dolores Duran
BLT Program Asst.
dhduran@ag.tamu.edu

Elisa Cavazos
BLT Program Asst.
eacavzos@ag.tamu.edu

710 E. Main St., Ste. 1
Robstown, TX 78380
(361) 767-5216
<http://nueces-co.tamu.edu>
<http://blt.tamu.edu>

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