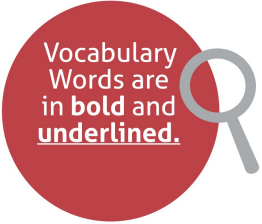


6TH GRADE | INFORMATIONAL TEXT ↘

Healthy Eating With MyPlate






How Food Affects You

Do you know how the foods you eat affect your body? The foods and drinks you choose, even in 6th grade, can affect your current and future health. Understanding food and nutrition can help you make healthy, delicious choices from each of the five food groups.



Eating foods from different food groups helps us get all the nutrients our bodies need to move, grow, and stay healthy.

Our bodies need key nutrients from all of the food groups to function well.

FRUIT EXAMPLES	KEY NUTRIENTS
 <p>orange apple pear peach melon berries</p>	<p>potassium; dietary fiber; vitamin C; folate</p>
VEGETABLE EXAMPLES	KEY NUTRIENTS
 <p>green beans broccoli bell pepper spinach beans & peas sweet potato</p>	<p>potassium; dietary fiber; folate; vitamin A; vitamin C</p>
GRAIN EXAMPLES	KEY NUTRIENTS
 <p>brown rice whole-wheat bread whole-grain cereal oatmeal whole-grain tortilla</p>	<p>dietary fiber, magnesium and selenium (found in whole grains); B vitamins (riboflavin, niacin, thiamin, folic acid); iron</p>
PROTEIN FOOD EXAMPLES	KEY NUTRIENTS
 <p>beef & pork chicken seafood beans & peas eggs nuts & seeds</p>	<p>protein; B vitamins (riboflavin, niacin, thiamin); vitamin E; iron; zinc; magnesium</p>
DAIRY EXAMPLES	KEY NUTRIENTS
 <p>milk yogurt cheese calcium-fortified soymilk</p>	<p>calcium; potassium; vitamin D; protein</p>

Eating the MyPlate Way

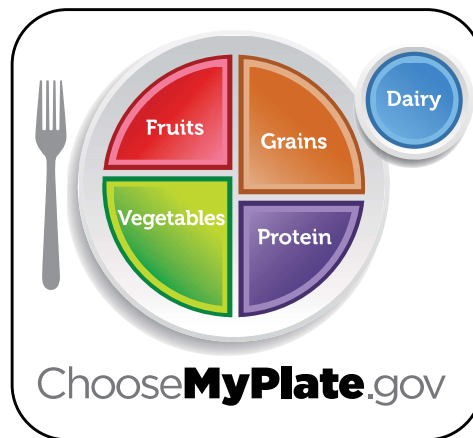
Foods that have the same key **nutrients** in common make up a food group. For example, fruits are sources of nutrients like potassium, **dietary fiber**, **vitamin C**, and folate (a B vitamin). Our bodies need key nutrients from all of the food groups in order to function well. This is why it is important to eat **nutritious** foods from the five food groups: Fruits, Vegetables, Grains, Protein Foods, and **Dairy**.

Most kids are not eating enough vegetables, fruits, **whole grains**, and low-fat dairy foods. Not consuming enough calcium and vitamin D is associated with having brittle bones (a disease called osteoporosis). Not eating enough fruits, vegetables, and whole grains could mean that you are not getting enough vitamins, minerals, and fiber for good health.

By choosing to eat more nutritious foods — with lots of nutrients (like vitamins, minerals, and

dietary fiber) and less **sodium**, **saturated fats**, **refined grains**, and **added sugars** — people can help keep their bodies healthy.

A visual tool called MyPlate illustrates the five food groups using a familiar image — a place setting for a meal. MyPlate reminds you to make nutritious choices from each food group for good health.



Four Tips to Eat Healthier

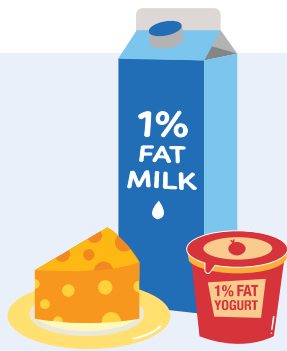


1 Make half your plate fruits and vegetables. Fruits and vegetables provide nutrients that kids often do not eat enough of, including vitamin C, dietary fiber, potassium, and vitamin A.

Vitamin C is important for growth and repair of all body tissues, helps heal cuts and wounds, and keeps teeth and gums healthy. Fiber is important because it helps move food through the digestive system. Potassium keeps nerves and muscles working and helps the heart pump blood easily through the body. Vitamin A keeps eyes and skin healthy and helps to protect against infections.

2 Vary your protein routine. Proteins function as building blocks for bones, muscles, cartilage, skin, and blood. Many protein foods also contain B vitamins and zinc. B vitamins help the body tap into the energy from food, play an important role in the function of the nervous system, help form red blood cells, and help build tissues. Zinc is important for growth, a strong **immune system**, wound healing, and the senses of smell and taste. Most people eat enough (or too much) protein, but need to make better choices within this food group. Eating fewer processed meats and poultry, such as hot dogs and chicken nuggets, can help you eat less sodium.





3 Move to low-fat or fat-free dairy, including milk, yogurt, cheese, and calcium-fortified soymilk. Foods from the dairy group contain important nutrients including calcium, potassium, vitamin D, and protein. Calcium and vitamin D are used for building strong bones and teeth.

4 Make half your grains whole grains. Grains are divided into two subgroups: whole grains and refined grains. Whole grains contain the entire grain kernel — the bran, germ, and endosperm. Examples of whole grains include whole-wheat flour, oatmeal, whole cornmeal, and brown rice. Refined grains have had their bran and germ removed, which removes many important nutrients. Some examples of refined grain products are white flour, white bread, and white rice.

Whole grains are important sources of nutrients like dietary fiber, and **minerals** like magnesium, which is used in building bones and releasing energy from muscles. Look at the graphic below showing the differences between whole and refined grains.

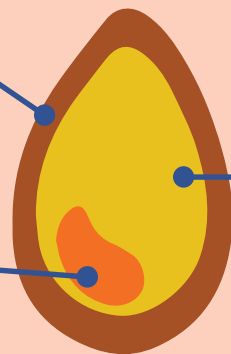


What is the difference between whole and refined grains? Many whole grains have more fiber and certain nutrients.

Identify whole grains by looking for “whole” or “whole grain” as one of the first ingredients on the food package.

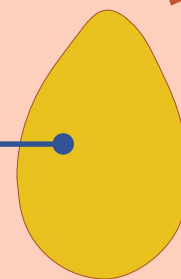
Bran: fiber-rich outer layer containing B vitamins and trace minerals like iron and magnesium

Germ: nutrient-rich core containing B vitamins, selenium, and healthy fats



WHOLE GRAIN

Endosperm: starchy middle layer containing carbohydrate and protein



REFINED GRAIN

Many refined grains are enriched. This means certain B vitamins and iron are added back after processing. However, enriched grains are still missing the fiber provided by whole grains and certain trace minerals.

Where Our Food Comes From

In the United States, healthy food options from each of the five food groups are produced across the country. Different **regions** are better at growing different foods because each has its unique **climate**. For example, oranges need warm weather, so they grow well in Florida where it is often warm. Take a look at this example of a balanced meal. **Locally produced foods** may be a favorite part of your meal. What tastes better than a just-picked piece of fruit or sun-ripened vegetable?

A Balanced Meal from Coast to Coast!

Bean Burrito with: whole-wheat tortilla, avocado, low-fat cheese, and orange slices on the side



CALIFORNIA

Avocado (Vegetable)

- California produces about 90 percent of avocados grown in the United States. Its warm climate is well suited to growing avocados year-round.¹
- Avocados are a source of fiber and healthy fats.

KANSAS

Whole-Wheat Tortilla (Grain)

- Kansas produces 20 percent of the wheat grown in the United States.²
- A whole-wheat tortilla is a whole grain.
- Kansas is often called the "Wheat State" and the "Breadbasket of the World."³

WISCONSIN

Low-Fat Cheese (Dairy)

- Wisconsin produces more cheese than any other State in the United States.⁴
- The top two kinds of cheese produced are mozzarella and cheddar.
- Cheese contains calcium which helps build strong teeth and bones.

MICHIGAN

Black Beans (Protein Food)

- Michigan produces more than half of the black beans grown in the United States.⁵
- Black beans grow well in Michigan's rich soil and moderate temperatures.
- Black beans contain folate, which helps the body make red blood cells.

FLORIDA

Orange (Fruit)

- Florida produces more oranges than any other State in the United States.⁶
- Florida's warm subtropical climate is ideal for orange growth.
- Oranges are a source of potassium which helps nerves and muscles communicate.

1. Borris, Hayley, Henrich Brunke, Marcia Kreith, and Cristina Romero. "Avocados." Agricultural Marketing Resource Center. Iowa State University, May 2016.
 2. Kansapedia. Kansas Historical Society, Aug. 2015.
 3. "Kansas Wheat History." United States Department of Agriculture, National Agricultural Statistics Service, Northern Plains Regional Field Office. October 2015.
 4. Bussler, Greg, Audra Hubbell, Adrien Joyner, Mike Laird, and Heidi Woodstock. "2014 Wisconsin Agricultural Statistics." United States Department of Agriculture, National Agricultural Statistics Service. Sept. 2014.
 5. Wells, Hodan Farah. "Vegetables & Pulses: Dry Beans." United States Department of Agriculture. Economic Research Service, 27 Jan. 2016.
 6. "Florida Agriculture Overview and Statistics." Florida Department of Agriculture and Consumer Services. 2016.