

# TEXAS RANGERS



## KIDS' NUTRITION WITH RANGERS CAPTAIN & MCA

### DIETARY GUIDELINES

The dietary guidelines were established by the United States Department of Health, Education and Welfare and the United States Department of Agriculture. They are intended for people who are healthy and may not apply to special needs diets or conditions.

Below is a list of the Key Recommendations for the General Population. In bold are the key concepts which come from the Dietary Guidelines for Americans, updated and published in 2005. A complete copy of the report may be accessed at: <http://www.health.gov/dietaryguidelines/dga2005/document/>

A lesson plan with information, as well as suggested activities follows each recommendation/key concept. Some ideas/activities were obtained from the Utah State Office of Education. Used with permission.

### KEY RECOMMENDATIONS FOR THE GENERAL POPULATION

#### ADEQUATE NUTRIENTS WITHIN CALORIE NEEDS

- Consume a variety of nutrient-dense foods and beverages within and among the basic food groups while choosing foods that limit the intake of saturated and trans fats, cholesterol, added sugars, salt, and alcohol.
- Meet recommended intakes within energy needs by adopting a balanced eating pattern, such as the U.S. Department of Agriculture (USDA) Food Guide or the Dietary Approaches to Stop Hypertension (DASH) Eating Plan.

#### WEIGHT MANAGEMENT

- To maintain body weight in a healthy range, balance calories from foods and beverages with calories expended.
- To prevent gradual weight gain over time, make small decreases in food and beverage calories and increase physical activity.
  - Many diseases and disorders are associated with obesity.
    - High blood pressure
    - Increased levels of blood fats and cholesterol
    - Diabetes in older people
    - Heart attacks
    - Strokes
  - The desirable weight for each person is different, depending upon frame size and build. Do not compare yourself to others.
  - Improved eating habits help one maintain a healthy weight.
    - Eat slowly.
    - Prepare smaller portions of food.
    - Eat when hungry, allowing 10-20 minutes after eating before taking more food. This allows your body to decide if you are really hungry.



-Increase everyday physical activities.

-Do not attempt to decrease weight below your acceptable range. Do not attempt to lose weight until you are an adult or your growth is complete. Children who are obese can grow into their weight by regularly exercising and avoiding or limiting choices from the fats, oils and sweets group. Children should not try to lose weight unless they are under close medical direction.

**PHYSICAL ACTIVITY\***

Engage in regular physical activity and reduce sedentary activities to promote health, psychological well-being, and a healthy body weight.

- To reduce the risk of chronic disease in adulthood: Engage in at least 30 minutes of moderate-intensity physical activity, above usual activity, at work or home on most days of the week.
- For most people, greater health benefits can be obtained by engaging in physical activity of more vigorous intensity or longer duration.
- To help manage body weight and prevent gradual, unhealthy body weight gain in adulthood: Engage in approximately 60 minutes of moderate- to vigorous-intensity activity on most days of the week while not exceeding caloric intake requirements.
- To sustain weight loss in adulthood: Participate in at least 60 to 90 minutes of daily moderate-intensity physical activity while not exceeding caloric intake requirements. Some people may need to consult with a healthcare provider before participating in this level of activity.

Achieve physical fitness by including cardiovascular conditioning, stretching exercises for flexibility, and resistance exercises or calisthenics for muscle strength and endurance.

\*Note- The MCA/Rangers program includes separate sections on physical activity. Here, just highlight the importance of staying physically active and let the students know that they will have separate units covering this topic.

**FOOD GROUPS TO ENCOURAGE**

- Consume a sufficient amount of fruits and vegetables while staying within energy needs. Two cups of fruit and 2 cups of vegetables per day are recommended for a reference 2,000-calorie intake, with higher or lower amounts depending on the calorie level.
- Choose a variety of fruits and vegetables each day. In particular, select from all five vegetable subgroups (dark green, orange, legumes, starchy vegetables, and other vegetables) several times a week.
- Consume 3 or more ounce-equivalents of whole-grain products per day, with the rest of the recommended grains coming from enriched or whole-grain products. In general, at least half the grains should come from whole grains.
- Consume 3 cups per day of fat-free or low-fat milk or equivalent milk products.

Foods may be categorized as “Go” (Green Light), “Slow” (Yellow Light), or “Whoa” (Red Light). By categorizing food into these

3 groups, the concept of moderation may be better emphasized. It is important to stress that there are no “bad” foods, and that anything may be eaten in moderation.

Food Groups	Grains	Vegetables/ Fruits	Milk/Dairy	Meats
Go	Whole Grain Breads	Fresh/Frozen Fruits and Vegetables	Low Fat or Skim Milk	Lean Ground Beef or Tuna
Slow	White Bread or Waffles	Oven Baked Fries or Fruit in Light Syrup	2% Milk and Processed Cheeses	Ham and Chicken with the Skin
Whoa	Donuts or Sweetened Breakfast Cereal	Fruit in Heavy Syrup and any Vegetables that are deep fried	Whole Milk, Cream Cheese, and full Calorie Yogurt	Hot Dogs, Fried Chicken, and Chicken Nuggets

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**Go Foods** - These are the best foods for you. They are foods you can eat whenever you feel like it.

**Slow Foods** - These foods can be eaten on occasion though they are not recommended for frequent consumption.

**Whoa Foods** - These are foods that you should rarely eat. They are filled with simple carbohydrates (sugar) and fat

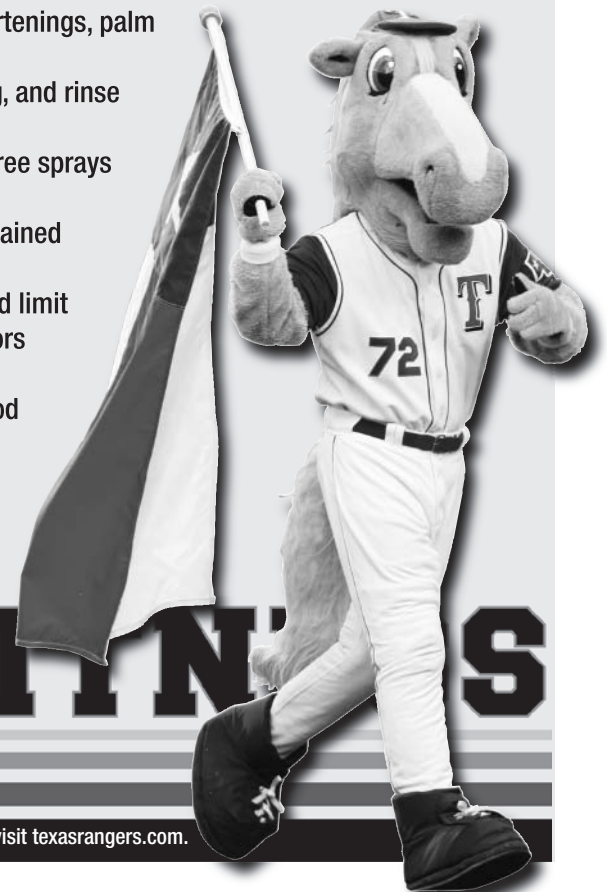


## **ACTIVITY**

Look at the school menu for the week. Have the students name which category each food item falls into. Do some foods fall into more than one category? Split the students into groups. Bring in food (empty boxes) from home and have the students categorize each item by putting a green, yellow, or red sticker on the box. Students should be able to present/defend their point of view.

### **FAT**

- Consume less than 10 percent of calories from saturated fatty acids and less than 300 mg/day of cholesterol, and keep trans fatty acid consumption as low as possible.
- Keep total fat intake between 20 to 35 percent of calories, with most fats coming from sources of polyunsaturated and monounsaturated fatty acids, such as fish, nuts, and vegetable oils.
- When selecting and preparing meat, poultry, dry beans, and milk or milk products, make choices that are lean, low-fat, or fat-free.
- Limit intake of fats and oils high in saturated and/or trans fatty acids, and choose products low in such fats and oils.
  - Avoid too much fat, saturated fat, and cholesterol.
    - Choose lean meat, fish, poultry, dry beans and peas as protein sources. Lean meats do not leave much fat in a pan when they are cooked.
    - Moderate your use of eggs and organ meats, such as liver.
    - Limit your intake of butter, cream, hydrogenated margarine, shortenings, palm and coconut oil, and foods made from such products.
    - Trim excess fat off meats, take skin off of poultry before cooking, and rinse hamburger in
    - Broil, bake, or boil rather than fry when cooking foods. Use fat-free sprays in pans when baking rather than oil or shortening.
  - Read labels carefully to determine both amount and types of fat contained in foods
  - Avoiding high fat intake will decrease the chance of heart attacks and limit nutrient poor calorie intake. Diets low in fat and cholesterol are factors that we can control when trying to avoid the risks of heart disease.
  - These guidelines are not meant to prohibit the use of any specific food item. Moderation is the key.



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**ACTIVITY**

To identify areas where fats occur on the pyramid, you may wish to use the handout, 'Fats in Foods'. Bring in several boxes of food in order to look at the food labels. Look at the amount of fat listed in the product. Assignment: Students are given an allowance of 10 grams of fat for an after school snack. How much snack can you get for your fat?



**CARBOHYDRATES**

- Choose fiber-rich fruits, vegetables, and whole grains often.
- Choose and prepare foods and beverages with few added sugars or caloric sweeteners, such as amounts suggested by the USDA Food Guide and the DASH Eating Plan.
- Reduce the incidence of dental caries by practicing good oral hygiene and consuming sugar- and starch-containing foods and beverages less frequently.
  - Carbohydrates contain less than half the number of calories per gram than fat (4 vs. 9).
  - Complex carbohydrate foods, such as breads, cereals, pasta, rice, dry beans, dry peas and other vegetables such as potatoes and corn, contain many essential nutrients. Explain that the bran and germ contain lots of fiber and nutrients, but they are the parts of the grain kernel that are removed in the milling process.
  - These foods increase dietary fiber.

**ACTIVITY**

Divide the class into small groups and give each group one of the following cereal labels: Shredded Wheat, Cheerios, Wheaties, Corn Flakes, Rice Krispies, Cap'n Crunch, Fruit Loops, or Sugar Smacks. (Note- you can substitute different cereals, depending on what is available). Show the students where to find the nutritional information on the label. They should then take turns telling the class how much sugar their cereal contains. When they are finished with their box label, they should trade with another group and find the information about a different cereal. Have the students look at how much sugar the cereal has that they eat at home.

**Some tips for avoiding excessive sugar:**

1. Use less sugar in all its forms. What are some other names for sugar? Sucrose (simple sugar), fructose (sugar in fruit), lactose (sugar in milk), maltose (sugar from grains), corn syrup, brown sugar, molasses, etc. Simple sugars are broken down and digested very quickly. Complex carbohydrates take longer to break down and digest. Therefore, if you eat a high sugar content cereal for breakfast, you will be hungry more quickly than if you eat a cereal with complex carbohydrates. If you add one teaspoon (5 grams) of sugar to cereal, you have increased the simple carbohydrates, but you have not subtracted any of the complex carbohydrates. If you add a banana (24 carbohydrates), rather than sugar, you are adding more complex carbohydrates.
2. Eat fewer foods containing sugars, such as candy, soft drinks, ice cream, cakes, and cookies.
3. Eat more fresh fruits.

**SODIUM AND POTASSIUM**

- Consume less than 2,300 mg (approximately 1 teaspoon of salt) of sodium per day.
- Choose and prepare foods with little salt. At the same time, consume



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potassium-rich foods, such as fruits and vegetables.

- Salt is made from sodium and chloride. They are essential elements in limited amounts.
- Sodium is present in many beverages and foods we eat. One teaspoon of salt contains 2000 milligrams of sodium. A safe and adequate amount each day is 1000-3000 milligrams each day. We can get that much sodium without adding salt to anything. Some people consume 10 times that much sodium daily.
- Americans consume much more sodium than their bodies require.
- High blood pressure is a major health risk of excessive sodium use.



## **ACTIVITY**

Take two pieces of lettuce and place each on a separate paper towel. Sprinkle about 1/8 teaspoon of salt on one piece of lettuce. Let the lettuce stand for about ten minutes. When you return to the lettuce, you will find that the lettuce with salt has changed. The salt has pulled all the water out of the lettuce and the paper towel will be wet. The other piece of lettuce will not have changed. This is what salt does to our bodies. It pulls the water out of the tissues and places it in the bloodstream. This creates a lot of pressure on the blood vessel walls, much like the pressure on a balloon when it is filled with water. We call this high blood pressure. Some people, including children, are more likely to have trouble with salt causing high blood pressure than others. Since there is no way to identify these people, it is much safer for all people to limit their sodium intake.

Ways to reduce sodium intake include:

- Use less table salt.
- Eat foods high in sodium only in moderation (potato chips, pretzels, salted nuts, cheese, pickled foods, and cured meats.)
- Learn to enjoy unsalted flavors of food.
- Read food labels carefully to determine amounts of sodium present. Monosodium glutamate (MSG), baking soda, garlic salt, and onion salt. Beware of soy sauce, bullion, medications, etc.

## **FOOD SAFETY**

- To avoid microbial food borne illness:
  - Clean hands, food contact surfaces, and fruits and vegetables. Meat and poultry should not be washed or rinsed.
  - Separate raw, cooked, and ready-to-eat foods while shopping, preparing, or storing foods.
  - Cook foods to a safe temperature to kill microorganisms.
  - Chill (refrigerate) perishable food promptly and defrost foods properly.
  - Avoid raw (unpasteurized) milk or any products made from unpasteurized milk, raw or partially cooked eggs or foods containing raw eggs, raw or undercooked meat and poultry, unpasteurized juices, and raw sprouts.



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