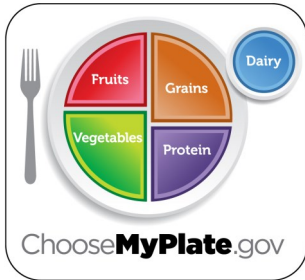


Nutrition and Physical Activity Information for Parents

St. Johns County School District
Health Services Dept.
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MyPlate provides information on the current dietary guidelines for Americans and explains the different food groups. It also has resources for all age groups, helping us make the best and healthiest food choices as we grow.

Find out what is on your plate by taking the quiz at <https://www.myplate.gov/> and clicking on *Take the Quiz* to get started. By identifying your health goals and answering the quiz questions, you will learn how well you are doing in each of the food categories (fruit, vegetables, grains, protein, dairy). After completing the quiz, recommendations for any changes that help establish healthy habits for the future will be given.

Sample Label for Macaroni and Cheese

Nutrition Facts	
Serving Size 1 cup (228g) Servings Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 1.5g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Start Here

Limit these Nutrients

Get Enough of these Nutrients

Footnote

4 Tasty Ways to Enjoy Balanced Meals and Snacks

- **Start with fruits and veggies.** Divide your plate in half with an imaginary line. Fill half with tasty veggies and fruits.
- **Add in the goodness of grains.** On the other side of your plate's imaginary line, divide that half into quarters. Fill one quarter of the plate with grains. Try to make them whole grains.
- **Include the power of protein.** Fill up that last quarter with lean and low fat protein. Try lean meats, poultry, fish or cooked beans.
- **Choose your beverages wisely.** Move away from sugary drinks. Try this plan: drink 1% or fat free milk or water with meals and snacks.

Physical Activity Recommended Levels for School-Aged Children and Adolescents (ages 6 through 17 yrs)

Children and adolescents ages 6 through 17 years should do 60 minutes (1 hour) or more of moderate-to-vigorous intensity physical activity each day.

This should include daily aerobic – and activities that strengthen bones (like running or jumping) – 3 days each week, and that build muscles (like climbing or doing push-ups) – 3 days each week.



Reading Nutrition Labels

We Can! is a program from The National Institutes of Health that offers resources for parents. Reading nutrition labels is just one of the many tips they provide.

Quick Guide to % DV
5% or less is low
20% or more is high

Check serving size: Many times, a single portion can have more than one serving. Make sure your portions match the serving size listed on the label.

Look at the % Daily Value which tells you how much of a nutrient is in one serving compared to the amount you need each day. For example if a food has a Daily Value of 20% for calcium, it has 20% of the calcium you need in one day. Here is a link to see more:

<https://www.nhlbi.nih.gov/health/educational/wecan/downloads/nutritionlabel.pdf>



5 Fun Ways to Walk Your Way to Fitness

- **Walk and talk.** Walking and talking with a friend is good for your body, good for your heart and good for your soul. Walking and talking with children or grandchildren is an active way to spend quality time together.
- **Walk and listen.** Music lightens every step – and it seems to make time go faster. Pick your favorite tunes, pick up the pace, and sing along if you want! You can also try books on tape, language tapes or podcasts.
- **Walk and learn.** A new language is just one of the many things you can learn on a walk. With kids, you can count different colored cars, talk about how plants change with the season or listen for new sounds.
- **Walk and shop.** Using your legs for transportation is a simple way to accomplish two things at the same time. Put on a backpack for your purchases – and walk to the grocery store, walk to the post office or walk to the mall.
- **Walk and enjoy.** Enjoyment is the key to success for all fitness activities – because, over the long haul, you'll only stick with what you like to do. Think about what kind of walk really gets you going – and just do it!