



NORTH  
DAKOTA

# FNP News

Family  
Nutrition  
Program

#174

JUNE 2005

**NDSU**  
Extension Service  
North Dakota State University

County Commissions,  
North Dakota State University and  
U.S. Department of Agriculture Cooperating  
*NDSU is an equal opportunity institution*

In accordance with federal law and  
U.S. Department of Agriculture policy,  
this institution is prohibited from discriminating  
on the basis of race, color, national origin,  
sex, age, religion, political beliefs or disability.

To file a complaint of discrimination, write  
USDA, Director, Office of Civil Rights,  
Room 326-W, Whitten Building,  
1400 Independence Avenue SW,  
Washington, DC 20250 or  
call (202) 720-5964 (voice and TDD).

USDA is an equal opportunity  
provider and employer.

# It's a Pyramid!

As you may have heard, there's a "new and improved" food pyramid. "MyPyramid" can help guide us to healthy eating choices.

A Web site is available with lots of tips and resources to help you apply MyPyramid to your life. Just enter your age, gender and level of physical activity to get your plan at this Web site: [www.mypyramid.gov](http://www.mypyramid.gov)

Scientists and educators looked at years of nutrition research to create it. Best of all, it's not a "one size fits all" pyramid. It has healthy ideas for each one of us from age 2 to 102.

## What's Different?

"MyPyramid" has colorful, vertical bands of differing sizes for the food groups. This reminds us to eat a variety of foods in moderation.

A figure is climbing the "steps" of the new pyramid. This reminds us of the importance of regular physical activity.

Most "serving sizes" now are in cups and ounces. That might be easier for us to remember.

## What are the Messages?

These are some messages from "MyPyramid," with a tip or two from the Web site to help us put them into practice.

### ■ Make half your grains whole

Try brown rice or whole-wheat pasta. Substitute whole-wheat flour for up to half of the flour in pancakes or muffin recipes.

### ■ Vary your veggies

Buy fresh vegetables in season. They cost less and likely will be at peak flavor.



**MyPyramid.gov**  
STEPS TO A HEALTHIER YOU

### ■ Focus on fruit

Make most of your choices whole or cut-up fruit rather than juice for the benefits that dietary fiber provides.

### ■ Get your calcium-rich foods

Include milk as a beverage at meals. Choose fat-free or low-fat milk.

### ■ Go lean with protein

Trim away all the visible fat from meats and poultry before cooking. Broil, grill, roast, poach or boil meat, poultry or fish instead of frying.

### ■ Find your balance between food and physical activity

Make physical activity a regular part of the day. Choose activities that you enjoy and can do regularly.



Our food and fitness choices make a difference in our health - how we feel today, tomorrow and in the future.

We plan to go on some short trips in our car this summer. We're on a tight budget. Do you have any ideas for tasty, economical snacks?



Bringing your own snacks is a wise idea for your budget and your health. Foods at convenience stores can be tempting, but they're often high in fat, sodium, calories and cost!



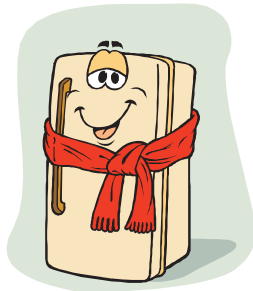
Consider investing in a thermos for ice water and a cooler for items that require refrigeration. Fill the cooler with ice, and pack with small containers of

100 percent fruit juice and milk, cheese cubes and raw veggies, such as celery and carrot sticks.

Pack some non-perishable foods, such as lower-fat whole-grain crackers, small boxes of raisins or other dried fruit and home-made snack mixes made with cereal, nuts and pretzels.

## How cold should my refrigerator be?

Refrigerators should maintain food at 40 F or lower so foods stay fresh and safe.



## Mandarin Orange - Kidney Bean Salad

- 1 15.5-oz. can kidney beans, drained and rinsed
- 1 11-oz. can mandarin oranges, drained
- 2 stalks celery, sliced
- ½ c. creamy low-fat salad dressing (especially good with poppy seed dressing)
- 2 Tbsp. sugar

Combine ingredients in bowl and chill several hours.

*Makes 6 servings.*

*Each serving has 133 calories,  
1 gram fat,  
26 grams carbohydrate and  
3 grams fiber.*

### Menu Idea

- ★ Grilled chicken with lettuce and tomato on whole-wheat bun
- ★ Mandarin Orange-Kidney Bean Salad
- ★ Oatmeal cookie
- ★ Low-fat milk