

Health and Nutrition Tools and Resources

Website and Resources:

- ◆ **The Wisconsin Nutrition, Physical Activity and Obesity Program** - www.dhs.wisconsin.gov/physical-activity/index.htm - provides statewide leadership to decrease obesity, improve nutrition and increase physical activity. The website provides resources to create environments that support healthy eating and physical activity and to encourage people to think about the bigger picture of policies and environments instead of only focusing on individual behavior change.
- ◆ **MyPlate.com** - <http://myplate.gov/> - created by the US Department of Agriculture that provides a wealth of user-friendly material including recipes, healthy eating on a budget, daily food plans and a section for preschoolers, kids and teens. Materials are available in Spanish. Check out their nutrition tip sheet called “Kid Friendly Veggies and Fruits” at www.choosemyplate.gov/food-groups/downloads/tentips/dgtipsheet11kidfriendlyveggiesandfruits.pdf
- ◆ **Center for Disease Control and Prevention (CDC) Childhood Overweight and Obesity** www.cdc.gov/obesity/childhood/index.html - provides nutrition tips, facts, and strategies for communities as well as information on diabetes, physical activity and other related topics.
- ◆ **CDC’s BAM! (Body and Mind) Initiative** - www.cdc.gov/bam/nutrition/index.html - includes food and nutrition advice, a listing of quick, easy recipes, an interactive game to help you make dining decisions and ideas for cool treats for kids.
- ◆ **Let’s Move (Child Care)** - www.healthykidshealthyfuture.org a site for families who have young children and for childcare providers. The site includes success stories, ideas for making nutritional food fun for younger kids and ideas for getting kids moving.
- ◆ **The Alliance for a Healthier Generation** - www.healthiergeneration.org/ - an organization that promotes children’s health and physical activity through school and community programs.
- ◆ **UW Cooperative Extension** - www.uwex.edu/about/cooperative.html - check out your county’s UW-Extension office and learn about farmers markets, nutrition education, gardening tips and more.

Tools to Assist with Nutrition

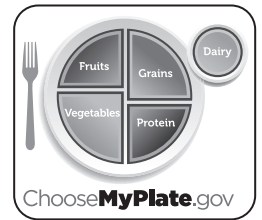
- ◆ **MyPlate.gov’s SuperTracker** - www.supertracker.usda.gov/ Use this online tool to look up nutrition information, track your (or your child’s) food intake and physical activity and get tips on how to make healthier choices.
- ◆ **WI Nutrition, Physical Activity and Obesity Program’s Tools page** - www.dhs.wisconsin.gov/physical-activity/Consumer/index.htm#Tools - links to Body Mass Index (BMI) calculators, a health risk assessment tool, a meal planner and more.
- ◆ **Sugar Calculator** - www.choosehealthla.com/multimedia/sugar-calculator/ helps figure out how much sugar you or your children are consuming by drinking sugary drinks each week.
- ◆ **Posters/Infographics on Sodium and its effects** - www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/HealthyEating/Sodium-Infographics_UCM_454726_Article.jsp These posters can be helpful at home and for the classroom.

10 tips

Nutrition
Education Series

choose MyPlate

10 tips to a great plate



Making food choices for a healthy lifestyle can be as simple as using these 10 Tips.

Use the ideas in this list to *balance your calories*, to choose foods to *eat more often*, and to cut back on foods to *eat less often*.

1 balance calories

Find out how many calories YOU need for a day as a first step in managing your weight. Go to www.ChooseMyPlate.gov to find your calorie level. Being physically active also helps you balance calories.

2 enjoy your food, but eat less

Take the time to fully enjoy your food as you eat it. Eating too fast or when your attention is elsewhere may lead to eating too many calories. Pay attention to hunger and fullness cues before, during, and after meals. Use them to recognize when to eat and when you've had enough.



3 avoid oversized portions

Use a smaller plate, bowl, and glass. Portion out foods before you eat. When eating out, choose a smaller size option, share a dish, or take home part of your meal.

4 foods to eat more often

Eat more vegetables, fruits, whole grains, and fat-free or 1% milk and dairy products. These foods have the nutrients you need for health—including potassium, calcium, vitamin D, and fiber. Make them the basis for meals and snacks.



5 make half your plate fruits and vegetables

Choose red, orange, and dark-green vegetables like tomatoes, sweet potatoes, and broccoli, along with other vegetables for your meals. Add fruit to meals as part of main or side dishes or as dessert.

6 switch to fat-free or low-fat (1%) milk

They have the same amount of calcium and other essential nutrients as whole milk, but fewer calories and less saturated fat.



7 make half your grains whole grains

To eat more whole grains, substitute a whole-grain product for a refined product—such as eating whole-wheat bread instead of white bread or brown rice instead of white rice.

8 foods to eat less often

Cut back on foods high in solid fats, added sugars, and salt. They include cakes, cookies, ice cream, candies, sweetened drinks, pizza, and fatty meats like ribs, sausages, bacon, and hot dogs. Use these foods as occasional treats, not everyday foods.

9 compare sodium in foods

Use the Nutrition Facts label to choose lower sodium versions of foods like soup, bread, and frozen meals. Select canned foods labeled “low sodium,” “reduced sodium,” or “no salt added.”



10 drink water instead of sugary drinks

Cut calories by drinking water or unsweetened beverages. Soda, energy drinks, and sports drinks are a major source of added sugar, and calories, in American diets.