One food can’t do it all... you need a variety of foods to supply your body with the nutrients you need to stay healthy! There is a lot of confusion about food and nutrition in the media these days, but you can’t argue with science.

Just like your car needs gas, oil, and water to run, your body needs 6 nutrients to keep it going. Actually there are over 40 different nutrients you need to stay healthy, but they are divided into six different major classes: water, carbohydrates, protein, fats, vitamins and minerals.

One way to get the variety your body needs and, with it, a well-balanced diet is to eat the recommended amounts of food from each food group of MyPyramid. Every day we need to eat food from the Orange or Grains group, the Green or Vegetable group, the Red or Fruit group, the Blue or Milk group and the Purple or Meat and Beans group. We are also allowed some Oils from the Yellow group. The new MyPyramid symbol with its colored bands emphasizes that no one food is “perfect” and that some foods from every group are important to provide the nutrients the body needs to keep it going.
GET MOVING...

Regular physical activity is recommended for everyone. The benefits of being physically active are numerous. Benefits include: improved self-image, more energy, lower blood pressure, improved cholesterol levels, better mood, reduced stress and anxiety and lower risk of chronic diseases like diabetes, heart disease, high blood pressure, certain types of cancer, and osteoporosis (bone disease)! Regular physical activity will also help maintain a healthy body weight. Keeping your muscles strong and body flexible through the years will improve your quality of life.

DID YOU KNOW . . . ?

✓ Meats, fruits and vegetables contain from 60-97% water.

✓ When you consume too much protein, it can be stored as body fat.

✓ Carbohydrates, proteins and fats are the only energy nutrients.

✓ The best place to get vitamins and minerals is not the pharmacy, but from eating a variety of foods!

✓ Except for air, water is the most essential element for life. You can live weeks without food but only a few days without water.

MY PYRAMID
A Guide to Healthy Food Choices
**FAMILY ACTIVITY**

Get kids involved with food preparation so you can make nutrition and healthy eating fun and interesting. At snack time, offer a variety of foods from the different food groups to create fun food art. For example, try creating Tamika Tomato: cut two round zucchini slices for big eyes, add some grape tomatoes as pupils, a carrot stick nose, summer squash ears, tomato smile, and sprouts for hair. Now your little one’s plate is a vegetable-filled smiley face begging to be eaten. Serve with light ranch dressing for dipping.

**CLIP AND COOK**

**Chicken Pot Pie**

- 3 cups diced cooked chicken
- 1 (16 ounce) can mixed vegetables
- 1 (16 ounce) can early peas (optional)
- 1 (10 ½ ounce) can cream of chicken soup, reduced fat
- 1 cup chicken broth, fat free
- 2 hard boiled eggs
- ½ teaspoon pepper
- 1 cup self-rising flour
- 1 cup skim milk
- ½ cup margarine, melted

Preheat oven to 400°. Grease a shallow 2 quart baking dish. Mix chicken, vegetables, soup and broth together and put in baking dish. Combine flour, milk, and margarine together, stir until mixture is smooth. Pour this mixture over the mixture in the baking dish. Bake 40-45 minutes or until lightly browned. Let cool 10 minutes. Serves 8

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories</th>
<th>242</th>
<th>Sodium</th>
<th>863 mg</th>
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<tbody>
<tr>
<td></td>
<td>Total Fat</td>
<td>10 g</td>
<td>35% of total calories from fat</td>
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</tr>
<tr>
<td></td>
<td>*Vitamin A</td>
<td>61%</td>
<td>*Vitamin C</td>
<td>%6</td>
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<tr>
<td></td>
<td>*Calcium</td>
<td>13%</td>
<td>*Iron</td>
<td>11%</td>
</tr>
</tbody>
</table>

*Now available at your local County Extension Office:*

- ABCs For Good Nutrition
- Nutrition For Elementary School Age Children
- Teen Nutrition For All The Right Reasons