

FRESH

FOOD RE-EDUCATION FOR ELEMENTARY SCHOOL HEALTH



JOHNS HOPKINS
MEDICINE

JOHNS HOPKINS
BAYVIEW MEDICAL CENTER

MY PLATE AND SMOKING

2012-2013 SCHOOL YEAR

UNDERSTANDING MYPLATE

The Food Guide Pyramid **was** the model for healthy eating in the United States. You may remember the triangle shape and colorful stripes. But the USDA has switched to a new symbol: a colorful plate—called MyPlate—with some of the same messages: eat a variety of foods and eat less of some foods and more of others.

The plate is divided into four sections (vegetables, fruits, grains and protein) and dairy on the side. The big message is that fruits and vegetables take up half the plate, with the vegetable portion being a little larger than the fruit. You will also notice that the sections on the plate vary in size. This is because nutrition experts recommend you eat more vegetables than fruit and more grains than protein. You will also notice that the oils group is not included on the My Plate icon. That's because dietary guidelines recommend limiting oils, solid fats, and foods with added sugars. These foods provide what are considered empty calories

because they add calories and have little or no nutritional value. The plate is also divided to discourage large portions, which can cause weight gain.

The orange section represents foods from the grains group, emphasizing the importance of eating whole grains such as whole wheat breads and brown rice. The green group represents any vegetable or 100 percent vegetable juice. The red focuses on fruits or any 100 percent fruit juice. The blue emphasizes the importance of milk and dairy for a calcium-rich diet and the purple section outlines the foods in the protein/meat and beans group to encourage a diet rich in lean meats and fish.

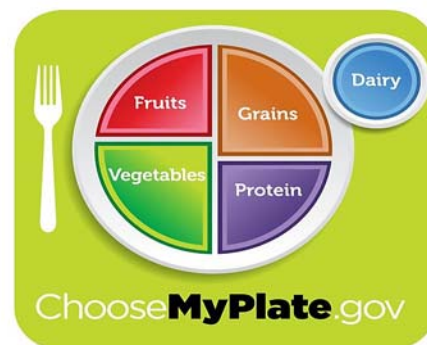
Exercise is also not included in the icon, but it is still an important component of a healthy lifestyle. Starting at 2 years of age, kids need at least 60 minutes of moderate physical activity each day.

You might be wondering: Do I have to serve all the food groups at

each meal? The answer is no, but try to serve a variety of food groups at each meal. If breakfast or lunch doesn't include a fruit or vegetable, serve one at snack time.

The goal is to think of the plate as an entire day's worth of eating. So, throughout the day try to make half of what your kids eat fruits and vegetables and the other half grains and protein. An occasional treat is fine but be sure to limit the amount of "empty" calories your child is eating.

www.choosemyplate.gov



IDENTIFYING THE FOOD GROUPS

Vegetables: The vegetable portion is one of the largest portions on the plate. Vegetables provide many of the vitamins and minerals kids need for good health. They are also low in calories and contain fiber.

Fruits: The fruit group takes up a slightly smaller portion on the plate than vegetables. They are still important. They contain nutrients like vitamin C, potassium and fiber.

Grains: This group contains food made from wheat, oats, cornmeal,

barley, or other grain. Bread, tortillas, cereal, rice and pasta also belong in this group. Be sure to choose whole grain foods such as oatmeal, brown rice and whole wheat bread. Whole grains contain dietary fiber which helps you feel full longer.

Protein: Protein-rich foods include, beef, poultry, dry beans, seafood, eggs, nuts and seeds. This group contains foods high in protein which helps the body build, maintain and repair tissue.

Dairy: The dairy group includes foods such as milk, yogurt and cheese. Besides providing calcium, the dairy products are important sources of vitamin D and protein. Vitamin D helps the body absorb calcium and use it for healthy bones and teeth.



www.choosemyplate.gov

THE LOW-DOWN ON SMOKING

We all know that smoking is bad for us, but most of us do not realize the chemicals that we are putting into our bodies when we put a cigarette to our lips. Cigarette packaging is not required to list ANY ingredients on the package, but it's important that consumers are informed of the poisons they are putting into their bodies when they choose to smoke. One cigarette contains over 4,000 chemicals; 42 of them are carcinogens (which means that they have been proven to cause cancer in humans) and many of those are poisonous. Some of the most dangerous chemicals are:

Nicotine: The main drug found in all tobacco products is a poisonous substance also used as an ingredient in bug and weed killer.

Tar: The same substance used to pave roads and roofs also coats your lungs when you inhale cigarette smoke.

Arsenic: This chemical is often used in rat poison as well as in your cigarettes.

Formaldehyde: The same substance used to preserve dead frogs in glass jars is the chemical that you ingest every time you take a puff on your cigarette.

Butane: The same component used as fuel in your cigarette lighter can be found in your cigarette.

Hydrogen cyanide: This deadly poison was used during World War II in the gas chambers around Europe.

Propane: The same substance used to fuel your grill is also found in cigarettes.

Methanol: On any given day, you can watch a plane take off from BWI. The same fuel base that runs through the plane's engine is also found in cigarettes.

Nitrous oxide phenols: used in disinfectants

Toluene: used in paints

Acetone: nail polish remover

Cadmium: component in batteries

Stearic acid: candle wax

Vinyl chloride: component of PVC pipes

For more information about smoking and to find smoking cessation programs that fit your lifestyle, please contact your primary care physician or explore the American Lung Association's website at:

www.lungusa.org

For more healthy information visit:

www.hopkinsbayview.org/communityrelations/fresh



DID YOU KNOW?

- Cigarette smokers have more than twice the risk of suffering from a heart attack.
- Giving up smoking rapidly reduces the risk of heart disease. After a number of years, the risk of heart disease diminishes to the same level as a person who has never smoked.
- Cigarette companies offer consumers filters on most of their cigarettes. However, children and family members are exposed to all of the poisons found in the cigarette smoke, since the smoke is not filtered.
- Tobacco smoke contains more than 7,000 chemical compounds. More than 250 of these chemicals are known to be harmful, and at least 69 are known to cause cancer.
- More deaths are caused each year by tobacco use than by all deaths from human immunodeficiency virus (HIV), illegal drug use, alcohol use, motor vehicle injuries, suicides, and murders combined.

www.cdc.gov

SECONDHAND SMOKE

- Non-smokers who breathe in second hand smoke take in nicotine and other toxic chemicals just like smokers do.
- 40%, 4 out of 10 non-smokers, 88 million people are exposed to second-hand smoke.
- An estimated 46,000 deaths from heart disease occur in people who are current non-smokers.
- About 3,400 nonsmoking adults die of lung cancer as a result of breathing secondhand smoke.
- Secondhand smoke causes diseases in children and in adults who don't smoke.

www.cancer.org