

Girl Scouts shape UP! For Girls 11-17



1. **The 5/20 rule.** Sometimes it's hard to eat smart when you have so many foods from which to choose. Learn to read food labels and check "daily value" (DV) percent, the number that allows you to know whether there's a lot or a little of a particular nutrient. For nutrients you want less of (such as saturated fat, cholesterol, and total fat), choose foods with a low percent DV (five percent is low; 20 percent is high). For nutrients you want to eat more of (such as calcium, fiber, vitamins A and C, iron), choose foods with a high percent DV. Look at the daily value percent of three items that you eat often. Are you getting the right amount of nutrients in these foods? Can you substitute something else that might be more nutritious?
2. **Fast food madness.** How many calories do you think are in a huge burger with lettuce, tomato, and fries, a 16-ounce can of soda, and some yummy fried apple pie. This fast food meal actually has more than 1300 calories (about 50 percent of the food energy you need for the day), almost 100 percent of the fat you should eat daily, only 14 percent of the calcium you need, and hardly any fruits or veggies. What can you do to make this a healthier meal? Look at three of your favorite fast food meals and see how you can reduce the calories and fat and add calcium, fruits, and vegetables.
3. **Treat your taste buds.** Sample some international foods at a local restaurant, group meeting, or special event. Perhaps your friends might have some traditional ethnic foods they would like to share at a special event.
4. **Calcium counts.** It's no secret. Calcium and Vitamin D build strong bones. Find out how much you need each day. Then find several tasty foods that can help you reach your goal.

A few words about Vitamin D: Vitamin D plays a major role in helping your body absorb calcium. Vitamin D is manufactured in the skin following direct exposure to sunlight. Usually **10-15** minutes exposure of hands, arms, and face two to three times a week (depending on one's skin sensitivity) is enough to satisfy the body's vitamin D requirement. But don't stay out in the sun too long and never try to get a tan. Too much direct sunlight without protective wear and sunscreen can be dangerous. Other sources of Vitamin D are found in foods such as vitamin D-fortified dairy products, egg yolks, saltwater fish and liver.

Soy milk is a rich, creamy "milk" made by pressing the liquid from ground soybeans. It is lactose- and casein-free. Soy milk is available in regular and low-fat varieties, and some brands are fortified with calcium, vitamin D and/or vitamin B-12. If you are substituting soy milk for dairy milk in your diet, it is a good idea to choose one that is fortified with calcium and vitamin D. Several flavors of soy milk are also available.

5. **In the mood for food?** Do you eat when you're stressed, bored, lonely, or angry? Do you nibble when you watch TV, do homework, want to reward yourself, or go out with friends? If you eat when you're not really hungry, you can eat too much. Jot down three things you can do instead of reaching for food when you're not really hungry.

It's your choice! Use this chart to help you enjoy healthy—and tasty meals and snacks.

MY GOALS	I CAN DO MORE	I DO ENOUGH	I CAN DO LESS
Make smarter food choices			
Pay attention to how much I eat			
Use food labels			
Choose foods with less fat			
Make smarter beverage choices			
Make smarter snack choices			
Avoid the urge to eat too much			
Try new foods			

* Many of these activities were adapted from "The Power of Choice," a publication of the United States Department of Agriculture, Food and Nutrition Service and the US Department of Health and Human Services Food and Drug Administration. For more activities or the complete guide, visit: http://www.fns.usda.gov/tn/Resources/power_of_choice.html