

# Girl Scouts shape UP!

## For Junior Girl Scouts



1. **The food pyramid.** The food pyramid tells you the five kinds of food you should eat each day based on your needs:
  - Bread, cereal, pasta, and rice group
  - Vegetable group
  - Fruit group
  - Milk, yogurt, and cheese group
  - Meat, poultry, fish, and eggs group

Find a chart of the food pyramid at the library or on the Web and see how many servings of each food group you should try to eat every day. What can you do to include all of these foods? With your family, plan some simple menus that can easily cover all groups. Share them with your group.

2. **Serving sizes.** Serving sizes are measuring tools to help you estimate how much you eat. For example, a serving size of meat is about three (3) ounces or the size of a deck of cards. A medium potato is about the size of a computer mouse. Read the food labels on packages and cans to find out how much a serving size is, and then keep track of what you eat for an entire day. Are you overeating? Jot down what you can do to cut down on some of the serving sizes you eat. You don't need a scale; just use common sense. If you eat a steak the size of your dinner plate or three bowls of pasta, you ate too much!
3. **Snack time.** Got the munchies between meals? Create one or two smart snacks to share with friends. Smart snacks will be lower in fat and calories, but high in taste, like fruit and yogurt mix, string cheese, or a frozen juice bar.
4. **Fast food?** If you eat too fast, you may eat too much and get stuffed. It takes your stomach about 15-20 minutes to talk to your brain and let it know that it's full. Try this: plan a family meal with "regular" portions of food and try to eat more slowly (can you all share the day's events between bites?). Wait a while to see if you're still hungry before eating more.

\* 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](http://www.fns.usda.gov/tn/Resources/power_of_choice.html)