Healthy Families for the Future

The Other Group

By Joan C. Elledge and Kathleen M. Stadler*

Today, your child learned about the foods that should be eaten sparingly because of their fat, sugar, or sodium content. On the Food Guide Pyramid these foods are in The Other Group. He or she attended a Smart Choice Nutrition Education Program. A Program Assistant taught this educational program for youth sponsored by Virginia Cooperative Extension.

The “Healthy Families for the Future” newsletter series is designed to encourage your family to focus on daily habits that promote health.

- Eat a Variety of Fruits, Vegetables, and Whole-Grain Foods
- Eat 2 Servings of Calcium Rich Foods
- Daily Physical Activity
- Handling Food Safely

Your challenge is to help your family make healthy and smart food choices by learning to identify foods high in fat, sodium and/or sugar.

Look at the Food Guide Pyramid.

Foods in The Other group are sometimes called “empty calorie foods” because they are high in fat, salt, and sugar but limited in nutrients. Foods from the tip of the pyramid should be considered as “extras” to be eaten only after the servings from the other food groups have been eaten. To be healthy we need to eat foods that provide nutrients like protein, carbohydrates, and vitamins.

There is no recommended number of servings for either fats or sugars. Use fats, oils and sweets sparingly. Remember to choose foods that are lower in fat and sugar.

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Which of these foods are not in The Other Group? The answers fit into the crossword puzzle.

Apple wedges  Raisins  Soft drinks  Sweet Potato
Carrot sticks  Bacon  Jelly  Hot Dogs
Potato Chips  Iced cake  Unbuttered Popcorn  Donuts
Watermelon  French-fries  Butter  Chocolate Milk
Corn on the cob  Honey  Candy Bar  Vegetable Soup

Empty Calorie Foods

Use the foods that are not in The Other Group to complete the puzzle below.

Across
1. vegetable with lots of vitamin A
2. red with black seeds
3. crunchy orange sticks
4. dried grapes
5. red fruit
6. low calorie snack without butter
7. can be eaten off the cob
8. serve hot on a cold day

Did you know?

A cup of ice cream has 14.7 grams of saturated fat.

A cup of frozen yogurt has 1.9 grams of saturated fat.

Tip: Restaurant food is often high in fat. Do not hesitate to ask for sauces and dressings to be put on the side. This way you can control the amount you eat. Check the menu carefully.

Here are some words to avoid:
Buttered  Deep Fried  With gravy  Scalloped  Breaded
Here is an easy to make recipe that is colorful, nutritious and fun to eat.

Yummy-sicles

Wash your hands before you begin.

Combine:
1 cup vanilla yogurt
1 6-oz can of frozen juice concentrate

Pour into 5 (3-oz) paper cups
Insert Popsicle sticks or plastic spoons
Place in freezer.

When ready to eat just peel the paper cup away and enjoy. Only one fat gram per serving.

Did you know?
• Over half of the TV commercials are for food.
• Most of the advertised foods are high in fat, sugar, or salt.
• What you see on TV is not always what you get.
• TV makes things appear better than they are.
• The purpose of TV ads is to sell things.
• Watching too much TV keeps us from getting the physical activity that we need to be healthy.

FAT TEST

Place a cookie or cracker on a sheet of paper, paper towel, or napkin for 5 minutes. Remove the cookie or cracker. Hold the paper up toward the light. Can you see a shiny spot? If so, this indicates that the food has a high amount of fat and should be eaten in moderation.

Fat is fat. Regardless of whether it is olive oil, corn oil, or butter. A tablespoon of fat contains about 125 calories. A tablespoon of mayonnaise adds 100 calories to your sandwich with one spread of the knife. And just 1 tablespoon of butter or margarine tops your baked potato with another 100 calories.

Calories from sugar are often called empty calories. The only contribution sugar makes to your diet is calories. One teaspoon of sugar has about 16 calories.

Sugar may be easy to taste but hidden sugar in a food may be difficult to see. To know the amount of sugar in a food, we often have to read the food label or look in a nutrition book. Here are some foods that have hidden sugars.

<table>
<thead>
<tr>
<th>Food</th>
<th>Teaspoons of Sugar</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yogurt with fruit, 1 cup</td>
<td>7</td>
</tr>
<tr>
<td>Cola beverage, 12 oz.</td>
<td>8-10</td>
</tr>
<tr>
<td>Oat O's Cereal, 1 oz.</td>
<td>1/5</td>
</tr>
<tr>
<td>Raisin Bran, 1 oz.</td>
<td>1 1/2</td>
</tr>
<tr>
<td>Sugar Frosted Flakes, 1 oz.</td>
<td>2</td>
</tr>
<tr>
<td>Angel Food Cake 1 (4 oz. piece)</td>
<td>7</td>
</tr>
<tr>
<td>Milkshake, 10 oz.</td>
<td>11</td>
</tr>
<tr>
<td>Candy bar (4 oz.)</td>
<td>6</td>
</tr>
<tr>
<td>Hard Candy (4 oz.)</td>
<td>20</td>
</tr>
<tr>
<td>Strawberry Jam 1 Tablespoon</td>
<td>4</td>
</tr>
<tr>
<td>Apple pie (1 slice)</td>
<td>3</td>
</tr>
<tr>
<td>Canned peaches, 2 halves, 1 T . Syrup</td>
<td>3 1/2</td>
</tr>
<tr>
<td>Chewing gum 1 stick</td>
<td>1/2</td>
</tr>
</tbody>
</table>
Table Talk Challenge

Game Rules:
1. 2-3 players.
2. The youngest person takes the first turn.
3. Select a dried bean, uncooked macaroni, or a nut as a game piece for each player.
4. Use the list of questions letting the child answer then the adult.
5. Follow instructions written on the game board.
6. The first player to reach or get the closest to the “Healthy Family” square is the winner.

Game moves:

Did you read a nutrition label today? - If yes, move 4 spaces forward
You ate something for breakfast - move 1 space
You got up in time to eat breakfast - move 2 spaces forward
You ate a candy bar for lunch - go back 2 spaces
You ate a dairy product for breakfast - move 2 spaces forward
Did you get 7-8 hours of rest last night? - If yes, move 1 space forward
You ate a grain product for breakfast - move 2 spaces forward
You drank low-fat milk today - move 2
You ate non-sugarcoated cereal with milk - move 3 spaces forward
You ate fruit for a snack - move 1 space forward
Did you wash the fruit before eating it? - If yes, move 1 space forward
You ate breakfast every morning for the past 3 days - move 5 spaces forward
Did you choose a vitamin C rich food for a snack? - Move 1 space forward.
Did you drink 6-8 glasses of fluid today? Move 1 space if you drank 4 glasses or move 2 spaces if you drank more than 2 glasses of fluid.
Did you eat 2 calcium rich foods today? If yes, move 2 spaces.
Did you wash your hands before eating? If yes, move 1 space.
Did you take a walk or do other physical exercise for 15 to 20 minutes today? If yes, move 2 spaces.