



*Fit For Life: A Family Approach*  
**The Other Group**

By Joan C. Elledge and Kathleen M. Stadler\*

Fit For Life: A Family Approach is a nutrition series for families. The information, challenges, games, puzzles, and food preparation suggestions are designed to encourage you and your family to discuss daily habits that promote good health.

Read the publication, solve the puzzles, and play the Table Talk Challenge with your family. Become a "Fit for Life Family!" and meet the Virginia Cooperative Extension's challenge!

- 🍏 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.

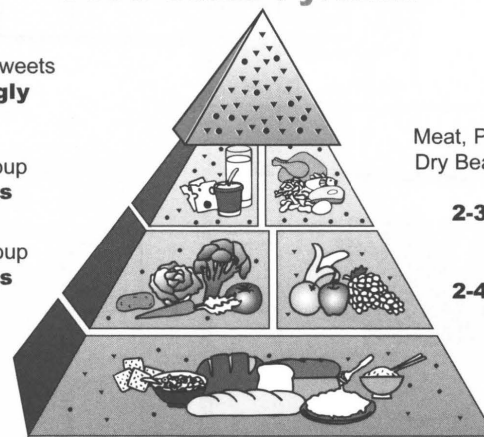


**Food Guide Pyramid**

Fats, Oils & Sweets  
**Use Sparingly**

Milk, Yogurt  
& Cheese Group  
**2-3 Servings**

Vegetable Group  
**3-5 Servings**



Bread, Cereal, Rice & Pasta Group  
**6-11 Servings**

Meat, Poultry, Fish,  
Dry Beans, Eggs &  
Nuts Group  
**2-3 Servings**

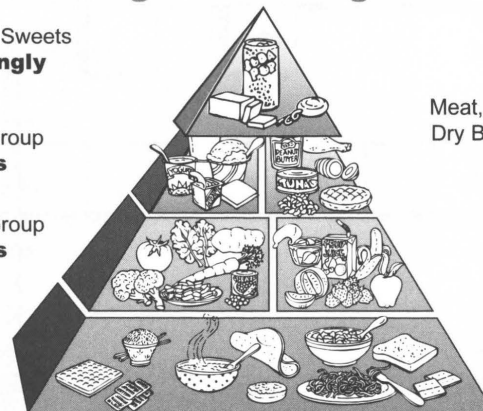
Fruit Group  
**2-4 Servings**

**Food Guide Pyramid for  
Young Children Ages 2-6**

Fats, Oils & Sweets  
**Use Sparingly**

Milk, Yogurt  
& Cheese Group  
**2 Servings**

Vegetable Group  
**3 Servings**



Bread, Cereal, Rice & Pasta Group  
**6 Servings**

Meat, Poultry, Fish,  
Dry Beans, Eggs &  
Nuts Group  
**2 Servings**

Fruit Group  
**2 Servings**

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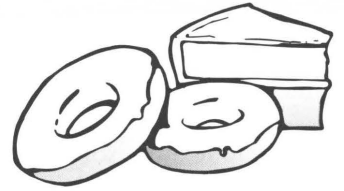
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Which of these foods are not in The Other Group? The answers fit into the crossword puzzle.

- |                 |              |                    |                |
|-----------------|--------------|--------------------|----------------|
| 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
- 3. crunchy orange sticks
- 6. low calorie snack without butter
- 8. serve hot on a cold day

#### Down

- 2. red with black seeds
- 4. dried grapes
- 5. red fruit
- 7. can be eaten off the cob

#### 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:

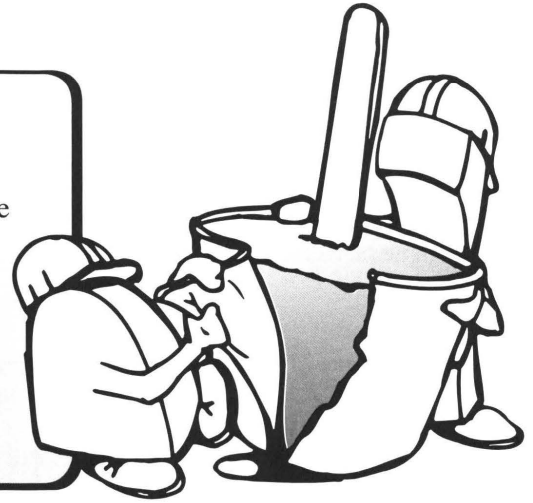
1 cup vanilla yogurt                      1 6-oz can of frozen juice concentrate

Pour into 5 (3-oz) paper cups

Insert Popsicle sticks or plastic spoons

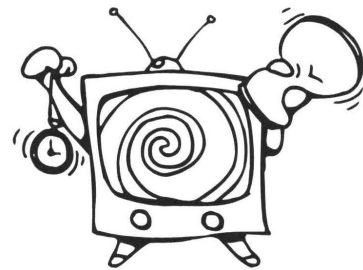
Place in freezer.

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

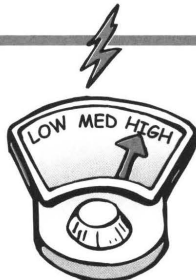
Place a cookie or cracker on a sheet of paper, paper towel, or napkin for 5 minutes. Remove the cookie or cracker. Hold the paper up toward the light. Can you see a shiny spot?

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.

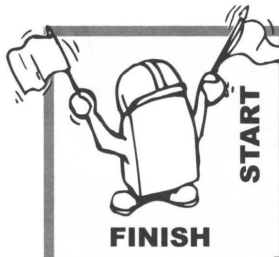



Food	Teaspoons of Sugar
Yogurt with fruit, 1 cup	7
Cola beverage, 12 oz.	8-10
Oat O's Cereal, 1 oz.	1/5
Raisin Bran, 1 oz.	1 1/2
Sugar Frosted Flakes, 1 oz.	2
Angel Food Cake 1 (4 oz. piece)	7
Milkshake, 10 oz.	11
Candy bar (4 oz.)	6
Hard Candy (4 oz.)	20
Strawberry Jam 1 Tablespoon	4
Apple pie (1 slice)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

# 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.

 <p><b>START</b></p>					
	<p><b>Game moves:</b></p> <ul style="list-style-type: none"> <li>🍏 Did you read a nutrition label today? - If yes, move 4 spaces forward</li> <li>🍏 You ate something for breakfast - move 1 space</li> <li>🍏 You got up in time to eat breakfast - move 2 spaces forward</li> <li>🍏 You ate a candy bar for lunch- go back 2 spaces</li> <li>🍏 You ate a dairy product for breakfast - move 2 spaces forward</li> <li>🍏 Did you get 7-8 hours of rest last night? - If yes, move 1 space forward</li> <li>🍏 You ate a grain product for breakfast- move 2 spaces forward</li> <li>🍏 You drank low-fat milk today - move 2</li> <li>🍏 You ate non- sugarcoated cereal with milk - move 3 spaces forward</li> <li>🍏 You ate fruit for a snack- move 1 space forward</li> <li>🍏 Did you wash the fruit before eating it? - If yes, move 1 space forward</li> <li>🍏 You ate breakfast every morning for the past 3 days - move 5 spaces forward</li> <li>🍏 Did you choose a vitamin C rich food for a snack? - Move 1 space forward.</li> <li>🍏 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..</li> <li>🍏 Did you eat 2 calcium rich foods today? If yes, move 2 spaces.</li> <li>🍏 Did you wash your hands before eating? If yes, move 1 space.</li> <li>🍏 Did you take a walk or do other physical exercise for 15 to 20 minutes today? If yes, move 2 spaces.</li> </ul>				
