Last month we learned about MyPlate and the foods that make up the food groups on my plate. We also had some consumer messages:
1. Balance calories
2. Foods to increase
3. Foods to reduce
We also discussed that we need to enjoy our food but eat less. When portion sizes increase the number of calories that we get from food also increases.

Most 12-13 year old girls need 2,000 calories daily if you get 30-60 minutes of physical activity daily. Boys would need about 2,200 calories.

For the 2,000 calorie diet, we need to eat two cups of fruit each day. Make sure to try to eat different colors daily.

You should have fruit on your plate, every meal. Remember that half of our plate should be fruit and vegetables.

For the 2,000 calorie diet we need 2 1/2 cups of vegetables per day. Fruits and vegetables help us get the vitamins and minerals that we need to stay healthy. Each fruit and vegetable contain different amount of vitamins and minerals. Eating a variety helps make sure we get all of our vitamins and minerals needed.

Remember half of your plate should be vegetables and fruits each day.

To get the required amount of calcium for your growing bodies you need to consume 3 cups of mild or dairy equivalent products daily. If you are allergic to dairy, there are several foods that contain calcium.

Choose low-fat cheeses, non fat yogurt, and lower fat milk.

Choosing a lower fat milk saves calories, and you still get the good nutrients from your dairy products.
The recommended amount of grain for a 2,000 calorie diet includes. Six one ounce portions of grains per day, with at least 3 one ounce portions from whole grain.

6 ounces equals=

- 1 cup of cereal for breakfast—1 ounce
- A sandwich for lunch—2 ounces
- 1 cup of pasta with spaghetti sauce—2 ounces
- 1 small slice of garlic bread for supper—1 ounce

Whole grains have been shown to:

- Reduce the risk of heart disease by decreasing cholesterol levels, and blood pressure.
- Help reduce the risk of some cancers.
- They help regulate blood glucose in people living with diabetes.
- Other studies have also shown that people who consume more whole grains weigh less than those who consume less whole grain products.

All foods made from meat, poultry, fish, dry beans or peas, eggs, nuts, and seeds are considered part of this group. Dry beans and peas are part of this group as well as the vegetable group.

Go lean on protein:

- Choose low-fat or lean meats and poultry
- Bake it, broil it, or grill it
- Vary your choices—with more fish, beans, peas, nuts and seeds

The 2,000 calorie diet allows for only 265 discretionary or extra calories.

If you drink a 20 ounce soda, you use up 250 of your extra calories and leave 15 for a snack.

Many snacks are available in small 100 calorie packs.

Many chocolate candies have 100 calories in a small piece of candy.
The best way to determine the amount of calories you are eating is to read the nutrition facts label.

Check out this label.

**Ask the class.**

How many calories are in one candy heart?

**After several guesses go to next slide.**

The answer is 40.

Do the math. There are 200 calories in one serving and one serving has 5 pieces.

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200 \div 5 = 40
\]

Portion sizes have gotten larger over the years. When we are served larger portions, we eat more.

Larger portions = More calories

You have to read the label to determine what a portion size is and how many calories are in the snack or meal you are eating. The label may state that there are 200 calories per serving, but the container may contain 2 servings. If you eat the entire amount you get 400 calories.

Maintaining a healthy weight is a balancing act. We need to burn off or use up the calories that we take in daily. If we take in more calories than we use up, those excess calories are stored as fat.

100 extra calories per day can = 10 extra pounds per year.
The next series of slides illustrate how portion sizes have increased over the last 25 years.

A slide showing a commonly eaten food item will appear. Point out the not only the size difference but also the increase in calories due to the size increase. The following slide gives an example of how much physical activity a person would have to do in order to burn off those extra calories.

Ask the class how many of them would like to do that extra exercise just to be able to eat more food. You won't have too many takers!
A good way to see how big your portions really are is to measure the size of bowls, glasses, cups, and plates you usually use. This can help you choose sensible portions. To see what 1 cup, ½ cup, or 1 ounce of some different foods looks like, take a measuring cup and measure your foods.
For the January meeting 4-H members have 2 contests they can compete in with a possibility of getting 7 ribbons.

Remind the 4-H members that for each of these contests that they this is their contest, not their parents. They are to make the items, however, they can have help from parents, grandparents, or guardians but they should do the majority of the work.

Baked goods will be judged on uniform shape, color, and taste. A recipe should be included with each entry.

Model vehicles will be judged using the following criteria:

1. Neatness of model. How does it look compared to all other models?
2. Use of glue. Glue should not be visible on outside. Use a toothpick or liquid glue made especially for model kits. Any glue visible on windshields will result in points deducted.
3. Use of paint and/or decals. Are all decals neatly applied? Is paint neat and smooth?
4. Construction. Do all parts fit together properly or does it fall apart when it is picked up to be judged?
5. Difficulty of model. How difficult was your model compared to others in its class.