

Steps to a Healthier You: A Summary of the 2005 Dietary Guidelines for Americans and the Food Guide/MyPyramid

Kansas State University
Agricultural Experiment
Station and Cooperative
Extension Service

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Suggested Introduction

The Food Guide/MyPyramid, along with the 2005 U.S. Dietary Guidelines for Americans, helps consumers sort out the sometimes confusing array of nutrition information presented in the media. Following the advice in this program can help you feel better today and stay healthy for tomorrow. Following just some of the recommendations can have health benefits. Find out what foods are recommended for good eating and good health!

Educational Goals

After this program, participants will be able to:

- Identify six or more healthy eating recommendations.
- List different kinds of whole grains, vegetables, fruits, dairy products and protein foods.
- State examples of foods that Americans should eat less often.

- Discuss ways to be physically active.
- Identify five or more ways to keep food safe to eat.

Suggested Program Preparation

1. Review this leader's guide and the fact sheet, "Steps to a Healthier You: A Summary of the 2005 Dietary Guidelines for Americans and the Food Guide/My Pyramid."
2. If possible, review the Web site resources at www.oznet.ksu.edu/humannutrition/dietaryguide.htm.
3. Gather copies of the fact sheet for each audience member.
4. Make photocopies of the participant survey (see page 4 of this leader's guide) for distribution to each person at the conclusion of the program.
5. If desired, ask your county, district or area extension office if you may use their tabletop display of MyPyramid.

6. If desired, plan to display some recommended foods from each of the food groups – such as whole grain breads or cereals, or foods labeled with trans fat information – and some serving utensils of varying sizes for different foods as described in the fact sheet.

Materials Needed for the Program

1. Copies of the fact sheet and the participant survey.
2. Pens or pencils for those who may not have brought one to the program.
3. Food items and serving utensils for display.

Suggested Program Presentation Guide

1. Introduce yourself. Give each participant a pen or pencil and a copy of the fact sheet. Allow them several minutes to write their name on the fact sheet and to glance through each page.
2. Allow at least 30 minutes to teach the lesson. If possible, answer relevant audience questions as they arise, rather than holding all questions for the end of the program.
3. Discuss each of the questions and answers in the fact sheet. As you get to the appropriate sections, show audience members recommended food items that you brought (such as

- whole grain foods or foods labeled with trans fat information). Show your audience samples of a standard serving (such as a one-cup measure) for different kinds of food items.
4. For an interactive group activity, prepare some questions for your audience to answer. Here are some sample questions: What kinds of whole grain foods do you and/or your family enjoy? What kinds of fruits and vegetables, low-fat dairy products, lean protein foods, or physical activities do you and/or your family enjoy? After about one minute, ask them to share their answers with a person sitting near them. After about three minutes, ask one or two volunteers to share their discussion with the entire group.
5. Toward the end of the program, distribute copies of the participant surveys. Read each question aloud as they record their answers. Collect the surveys. Thank the audience for their participation. If desired, schedule a meeting to plan one or more of the suggested community service activities.
6. Mail completed surveys to:
Dr. Mary Meck Higgins,
Department of Human Nutrition,
202 Justin Hall,
Manhattan, KS 66506

Ideas for Community Service Activities

1. Organize a computer workshop to help children, adults or senior adults learn how to use the *www.MyPyramid.gov* Web site. This could be held in a public library.
2. Present this program to already-established community groups, such as social clubs, service organizations, bowling leagues or church groups.
3. Sponsor a local fair to promote healthy lifestyles, or set up a display at an upcoming community event, to increase public awareness about the 2005 Dietary Guidelines for Americans and MyPyramid.



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Participant Survey for: *Steps to a Healthier You: A Summary of the 2005 Dietary Guidelines for Americans and the Food Guide/MyPyramid*

Please take a few minutes to help us by answering the following questions.

Date _____ Your County/District _____

Are you: Male ___ Female ___

Are you: White, non-Hispanic ___ White, Hispanic ___

African-American/Black ___ Native-American ___ Asian-American ___ Other ___

Your age category: Teen ___ 19-40 yrs. ___ 41-59 yrs. ___ 60 yrs. and over ___

1. Overall as a result of this program, I learned more about nutrition:
(Circle one) No Yes, a little Yes, some Yes, a lot
2. Please specify what you learned today that you did not know or that surprised you:
3. How often do you think you will use the information in this program?
(Circle one) Never Once a year Once a month Once a week Daily
4. How important is nutrition information to you? (Circle one)
Not at all Somewhat Very
1 2 3 4 5
5. After today, how often will you eat meals that include a variety of foods from the Food Guide/MyPyramid? (Circle one)
Never Often Always
1 2 3 4 5
6. Before today, how often did you eat meals that included a variety of foods from the Food Guide/MyPyramid? (Circle one)
Never Often Always
1 2 3 4 5
7. Please write any additional comments here:

Thank you for your time!

Leaders, please return surveys to: Dr. Mary Meck Higgins, Department of Human Nutrition,
202 Justin Hall, Manhattan, KS 66506