



Health Corner

Courtesy of the University Academy Wellness Center

CLINIC HOURS

8:00 - 4:00

816-412-5978

NUTRITION FACTS

spring
2018

The colorful divided plate includes sections for vegetables, fruits, grains, and foods high in protein. It's an Improvement upon the complex and confusing My Pyramid that the USDA once used to explain its dietary guidelines.

The colorful divided plate includes sections for vegetables, fruits, grains, and protein foods. My Plate's user-friendly, interactive website provides simple messages, such as:

- choose variety — the best meals have a balance of items from different food groups
- fill half your child's plate with vegetables and fruits
- make at least half the grains you serve whole grains, like oatmeal, whole-wheat bread, and brown rice serve fat-free or low-fat (1%) milk and water rather than sugary [drinks](#) don't serve oversized portions.



How to Make My Plate Yours

Just by looking at My Plate, you know right away that vegetables and fruits should take up half the plate and grains and protein foods each take up about a quarter of the plate. And with a side helping of dairy, you're reminded to include milk or another dairy food (like cheese or yogurt) in your daily meal plan.

Green = Vegetables

The vegetable portion of My Plate, in green, is one of the largest portions on the plate. That's because, just like grandma said, it's important to "eat your veggies!"

Vegetables have many of the vitamins and minerals kids need for good health, are naturally low in calories, and contain [fiber](#). The vegetable group includes:

1. dark green vegetables (like broccoli, spinach, and kale)
2. orange and red vegetables (like squash, carrots, and sweet potatoes)
3. beans and peas (like kidney beans, lentils, and black-eyed peas — also included in the protein group)
4. starchy vegetables (like corn, potatoes, and plantains)
5. other vegetables (those that don't fall into the first four categories, like cauliflower and green beans)

For best nutrition, serve a variety of vegetables to your family each week. You can use fresh, frozen, or canned veggies .

Red = Fruits

Fruits are an important part of a balanced diet. They contain necessary nutrients like vitamin C, potassium, and fiber. You can use fresh, frozen, or canned fruit.

When buying canned fruit, choose fruit that is packed in juice rather than heavy or light syrup. And it's best to serve whole fruit over 100% fruit juice. Fruit juices have more sugar and calories with less fiber per serving than whole fruit.

Orange = Grains

The grain group includes any food made from wheat, oats, cornmeal, barley, or other grain. Bread, tortillas, cereal, rice, and pasta belong in this group.

At least half of the grains kids eat each day should be whole grains, such as oatmeal, brown rice, and whole wheat bread. Whole grains have dietary fiber that helps you feel full and can prevent and treat constipation. Eating a diet rich in whole grains also might decrease the chances of getting heart disease and diabetes.

Refined grains, like white bread and white rice, are processed, removing many of the nutrients. Most refined grains are enriched, which means that nutrients, except fiber, are added back after processing

Purple = Protein Foods

Foods that are high in protein help the body build and maintain the tissues of the body. They also have important vitamins and minerals, like iron.

Protein-rich foods include beef, poultry, seafood, dry beans and peas, eggs, nuts, and seeds. Soy products like tofu and veggie burgers are also good sources of protein. When eating meats, choose lean or low-fat options.

Blue = Dairy

This group includes [milk](#) and other dairy products, such as yogurt and cheese. Calcium-fortified soy milk is also included in the dairy group. Besides calcium, dairy products have vitamin D. [Vitamin D](#) helps the body absorb [calcium](#) for healthy bones and teeth. Foods made from milk, like butter, cream, and cream cheese, don't have much calcium, and are not part of the dairy group.

Serve low-fat or nonfat milk and dairy products to kids over 2 years old.

Customize Your Plate

My Plate is as a guide for healthy eating. Talk to your health care provider if you are concerned about your child's eating habits.

Goodbye and good luck to all the University Academy seniors!
It has been a pleasure being a part of your school experience
and health education. Stop by the clinic if you need a copy of
your immunization record or have any questions.

Don't forget!

Remember, the Wellness Center is open year round!!!
Please call over the summer for clinic hours and
appointments. 816-412-5978.

Attention!!!

Current 7th grade students: All students beginning the 8th grade in August must have a Tdap (tetanus, diphtheria, pertussis) vaccine and a MCV (meningococcal) vaccine on file at school.

Current 11th grade students: All students beginning 12th grade in August must have a 2nd MCV vaccine on file at school.

Common clinic services provided: sports physicals, asthma, respiratory illnesses, rashes/skin problems, minor illnesses/injuries, menstrual problems, school/family issues, referrals from school nurse.