

LET'S TALK ABOUT THE BASICS – MyPyramid

Volleyball is an explosive QUICK ENERGY sport. What drives the player for spiking, blocking, digging is ENERGY. However before we can discuss "Power Foods"...*let's review the basics.* Your daily diet should include the 5 food groups, plus good fats and oils. Concentrated sweets should be limited.

Grains Group: Includes all foods made from wheat, rice, oats, and cornmeal, barley, such as bread, pasta, oatmeal, and breakfast cereals. Below equals to 1 ounce equivalent.

- 1 cup ready-to-eat cereal
- ½ cup of cooked rice, pasta, or cooked cereal
- One slice of bread

At least half of all grains consumed should be whole grains. Whole grains contain the entire grain kernel. Such as whole wheat flour, oatmeal, brown rice. Whole grains provide important nutrients our body needs that are not found in the other food groups.

Vegetable Group: This includes all fresh, frozen, canned, and dried vegetables and vegetable juices.

- 1 cup of raw or cooked vegetables or vegetable juice .
- 2 cups of raw leafy greens can be considered as 1 cup from this group.

MyPyramid talks about 5 sub-groups:

1. Dark green 3 per week
(Broccoli, leafy greens.etc.)
2. Orange 2 per week
(Carrots, sweet potatoes, squash, etc.)
3. Legumes 3 per week
(pinto beans, lentils, peas.etc.)
4. Starchy 3 per week
(Potatoes, corn, and etc.)
5. Other 6-7 per week

(Celery, cauliflower, mushrooms, etc.)

Fruit Group: This includes all fresh frozen, canned, and dried fruits and fruit juices.

- 1 cup fruit or fruit juice
- ½ cup dried fruit can be considered 1 cup

MyPyramid aims for 2 servings of fruit every day. Fruits are important sources of many nutrients; potassium, dietary fiber, a good source of vitamin C, and folate. A diet rich in potassium helps maintain a healthy blood pressure. Vitamin C is important for growth and repair of all body tissues, cuts and wounds, and keeps teeth and gums healthy.

Milk Group: This includes all fluid milk products and food made from milk that retains their calcium content, such as yogurt and cheese. Get 3 cups every day to meet your calcium and other important nutrients.

- Milk
- Low/non fat yogurt
- Low fat puddings
- Low fat cheeses

WHAT AMERICA DRINKS

A comprehensive analysis of U.S. beverage consumption was done: it was call *What America Drinks*. It was part of the National Health and Nutrition Examination Survey (NHANES) completed 1999 – 2002.

Some of the findings:

- Beverages supplied nearly a quarter of calories to the diet, mostly soft drinks, fruit-flavored drinks and sweetened tea.
- Teenage girls averaged around 22 oz. of sugar sweeten beverages per day. *This is almost equal to 3 servings of the milk group recommended amount.*

- Teenagers and adults (14-49) drank two to three times the amount of sweetened beverages as they did milk.
- Teen boys drank only 12 oz. of milk a day and teen girls averaged around 7oz., *less than 1 one serving of the milk group.*

Meats & Beans: This includes meats, beans, eggs, and nuts. All foods listed below are equal to 1 ounce of meat. Meats and beans provide an excellent source of a complete protein.

- 1 ounce of lean meat, poultry, or fish
- 1 egg
- 1 tablespoon of peanut butter
- ¼ cut cooked dry beans
- 1.2 oz. of nuts or seeds

An average serving of meats is about the size of your palm or a deck of cards (around 3 oz.). Most meat and poultry choices should be lean or low-fat. Fish, nuts, and seeds contain healthy essential oils so try to include them more frequently.

Oils and fats: Oils are fats that are liquid at room temperature. *Canola oil,*olive, corn oil, and safflower oil are examples of oils (* indicate better choices). Foods that are mainly fats are mayonnaise, salad dressings, and soft margarine. Most oils are high in monounsaturated or polyunsaturated fats; the essential fat our body requires. Limit saturated fats (solid at room temperature) such as butter, creams, and ice creams. Try to avoid trans fat.

REVIEW AND SET GOALS

1. **VARIETY** -- My Pyramid ([go to link provided](#))
2. **QUALITY**
 - Make half your grains whole
 - Eat dark veggies 3 times a week

- Eat orange veggies 2 times a week
- Get 3 cups from the milk group Daily
- Aim for Low fat meats
- Include fish, beans, peas, nuts and seeds

3. MODERATION

Portion, portion, portion! (3 most important Rules in your diet!) Don't think of food as a "good food" or a "bad food", even concentrated sweets can fit into a healthy diet in *moderation*.

4. TIMING

Breakfast is needed to fuel the brain, and body with Energy. Five small meals a day is great for optimal health, but almost impossible with our busy schedules. Take time for healthy snacks before and after workouts.

QUESTIONS ON MyPyramid 10-28-07

Write your name and the answers on a 3 x 5 card and put in "Nutrition Corner answer box" during the first week of practice for a prize drawing!

1. How many serving from the milk group should a teenager get?
2. How many times a week does **MyPyramid** recommend dark green veggies?
3. Besides being healthy food choices *and* are included in all food groups in MyPyramid, what is significant about the following foods?

Oatmeal, Olive oil, Kale, Milk, Beef, Apple

Coming in November... The Importance of Carbs, Fats, and Protein.

Sources:

U.S. department of Agriculture, Center for Nutrition Policy and Promotion.
TDA Manual for Medical Nutrition Therapy
Nancy Clark's Sports Nutrition Guidebook, Third Ed., Nancy Clark, MS, RD.