

Get the Picture

Like the color of your eyes and hair, how you grow is a trait you're born with.

All right, so when will you start (or stop) growing? That depends on your own genetic time clock. One way to get a peek at the "time" is to ask your parents and your family members (aunts, uncles, grandparents, and cousins) when they started growing. Chances are, your clock could be set to a somewhat similar time. If they shot up like a rocket at age 13, you might, too.

Boys and girls are different. Surprised? Girls often start their growth spurt early in their teen years, sooner than boys. For girls, it might last about three years. Boys usually start their growth spurt a little later, mostly towards the middle of their teen years. Then they grow for four to six years.

Like your height, your body type is determined by your genes. Some people have a smaller bone structure; others have a larger body frame. That's another way each person is different.

Again, the best way to get a hint at your own body type is to look at your parents and other relatives and find out what they were like at your age. Hard to imagine, but your parents were kids once, too. Just like you and your friends, they came in all sorts of shapes and sizes.

It's important to remember that as you get older your body will



continue to change. It's all right. It's supposed to be that way.

ONLY YOU

There's no one perfect body size. Honest. So don't waste your time trying to look like someone you're not. In fact, it's silly to compare yourself to fashion models, popular athletes, movie stars, or even your best friend. Be yourself. Be proud and happy with who you are. You're unique, and that's what is so great.



Hey Mom! Hey Dad!

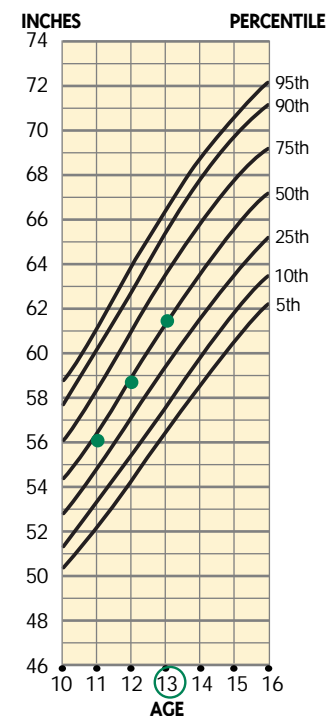
One way to get an idea of what size might be right for you is to look at photos of other family members when they were your age. Ask them when they started their growth spurt. How tall were they? How did they feel as their bodies changed?

It's Normal to be Different

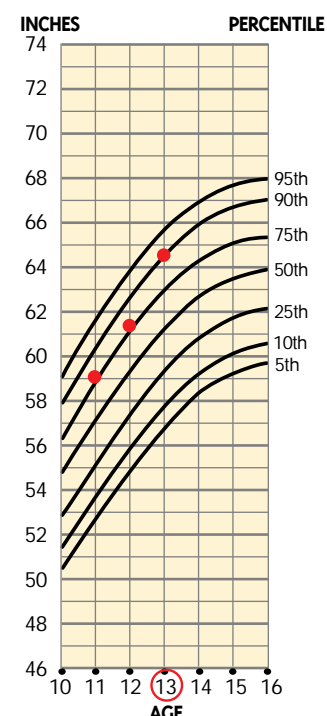
You can track your growth using a Height Chart and the Body Mass Index Chart (there are charts for guys and gals). They both show how *you* compare to *you*—last year and the year before. Plot your growth every six

months or so. With a Height Chart, you can even get an idea of where your growth pattern is headed. But, like the bathroom scale, a Height Chart or a BMI Chart won't tell how much body fat, bone, or muscle you have.

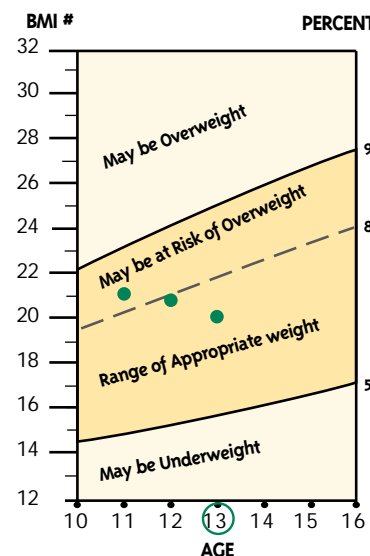
Derek's Height Chart



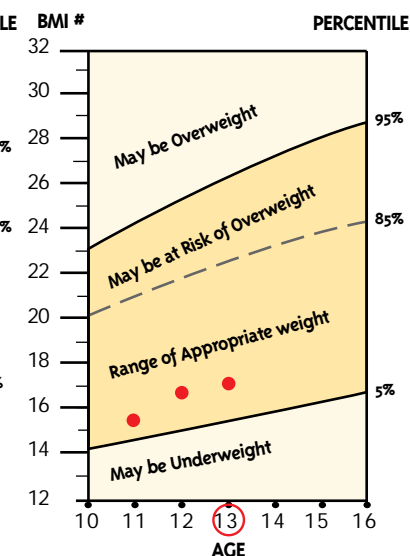
Janine's Height Chart



Derek's BMI Chart



Janine's BMI Chart



- **Height Chart:** shows your increase in height from year to year.
- **Body Mass Index (or BMI) Chart:** helps you look at your body size over time, taking both your height and weight into account.

Everyone has his or her own pattern of growth. However your own pattern of growth shows up on the chart, it can be normal for you.

The charts here show how Derek and Janine (shown on page 4) plotted their height and their BMI for three years.

On the Height Chart for their gender . . .

- To mark the chart, they found their height in inches on the left side of the chart and their age on the bottom.
- At age 13, Derek's height is at the 50th percentile; Janine's is at the 90th percentile. That means if Derek lined up as one of 100 boys his age, 49 would be shorter than he, and 50 would be taller. For Janine at the 90th percentile, 89 girls would be shorter and 10 would be taller.

On the BMI chart ...

- Here's how Derek figured his BMI:
 Changed his height to meters — 1.6 m
 Changed his weight to kilograms — 50.9 kg
 Squared his height — $1.6 \text{ m} \times 1.6 \text{ m} = 2.56 \text{ m}^2$
 Figured his BMI — $50.9 \text{ kg} \div 2.56 \text{ m}^2 = 20$ (rounded)
- To mark the chart, he found his BMI on the left side of the chart and his age along the bottom.



Track Your Growth

Page 2 of the Student Activity Booklet helps you track your growth pattern using the Height Chart and the BMI Chart. This is a realistic way to see your self. It's not just someone's opinion.

What's a Serving Anyway?

A *serving* is a specific measured amount of food, like the serving size given on a cereal box. The amount you heap onto your plate or pour into your cup is your *helping*. Helpings may be bigger—or smaller—than Pyramid servings. (The serving sizes on food labels might be different from Pyramid servings, too.)

Do you need to measure everything you eat? No. Instead, estimate pyramid serving sizes to make sure you're getting enough of a balanced variety of foods. **Use this chart to compare typical helping sizes with actual Pyramid serving sizes.**

A PYRAMID SERVING	A "TYPICAL" HELPING
1/2 cup rice or pasta	1 cup rice or pasta
1/2 bagel or 1/2 hamburger bun	1 bagel or 1 hamburger bun
1 chicken leg and thigh	1/4 chicken
1 order (1/2 cup) french fries	large order (3/4 to 1 cup) fries
1/2 cup cooked red beans	big bowl (1 to 2 cups) chili beans
1 cup leafy greens	large green salad (2 cups greens)

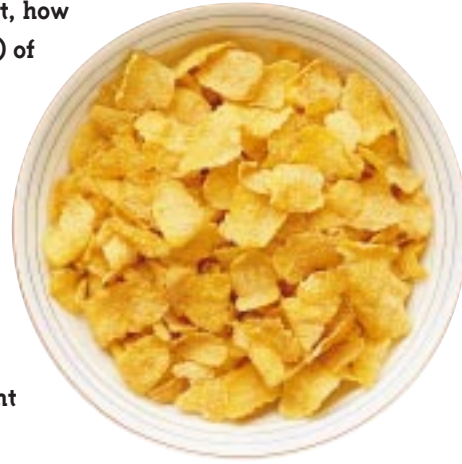


How Do Your Helpings Measure Up?

You're starving. You wolf down a huge bowl of cereal, then notice the serving size on the side of the box. You're curious . . . did you just eat a day's worth of food from the Bread Group? In fact, how much (or how little) of a good thing did you eat?

If you're not sure, measure. Then compare your helpings to actual Pyramid servings. Remember, bigger helpings could count as more than one serving.

For your next meal, estimate the serving sizes on your plate. How do they measure up? At school, figure out how many Pyramid servings you have on your school lunch tray.



How Pyramid Servings Stack Up

Serving sizes are a type of measuring tool. Knowing what an actual Pyramid serving is can help you estimate how much you're eating. This information can help you judge whether you're getting enough of different types of foods.

	The Food Groups	How Much Is One Serving?	Pyramid Serving
Eat Less	Fats, Oils and Sweets	These foods add extra calories and provide little or no nutrients. Use them in moderation to add flavor to other foods.	use sparingly
Eat Enough	Milk Group	1 cup milk or yogurt; 1-1/2 ounces natural cheese, 2 ounces processed cheese	3 servings or more for teens
	Meat Group	1/2 cup cooked dry beans, 2 eggs, or 2 tablespoons peanut butter count as 1 ounce of meat. 2 - 3 ounces cooked lean meat, poultry, or fish count as a serving.	2 - 3 servings
Eat More	Vegetable Group	1 cup raw leafy vegetables; 1/2 cup vegetables (cooked or chopped raw); 3/4 cup vegetable juice	3 - 5 servings
	Fruit Group	1 medium apple, banana, or orange; 1/2 cup fruit (canned, cooked, or raw); 3/4 cup fruit juice; 1/4 cup dried fruit	2 - 4 servings
Eat Plenty	Bread Group	1 slice bread or tortilla; 1 ounce ready-to-eat cereal; 1/2 cup cooked cereal, rice, or pasta; 1/2 bagel, 1/2 hamburger bun, or 1/2 an English muffin	6 - 11 servings

What Do You Eat?



Find out what—and how much—you eat by keeping a Food Diary. Here's Janine's diary for one day. Check it out, then fill in your own in the Student Activity Booklet.

REMEMBER: The Food Guide Pyramid is your daily guide for healthful eating. What really matters is what and how much you eat over several days, not just for a single meal or a single day.

	MEAL	HELPING	PYRAMID SERVING SIZE?
MORNING	Orange Juice Ham on English Muffin	1-1/2 cup 2 ounce 1 muffin	2 fruit group servings 1 meat group serving 2 bread group servings
MID-DAY	Cheese on whole wheat bread lettuce baby carrots cookies	2 slices 2 slices 1/2 cup 1/4 cup 4	1 milk group serving 2 bread group servings 1/2 vegetable group serving 1/2 vegetable group serving 1 bread group serving
EVENING	chicken rice green salad with tomato slices dressing milk	2 drumsticks 1 cup 1 cup 1/4 cup 2 tablespoons 1 cup	2 meat group servings 2 bread group servings 1 vegetable group servings 1/2 vegetable group serving Fats, oils, and sweets 1 milk group serving
SNACKS	soft drink cookies candy bar	12 ounce 4 1	Fats, oils, sweets 1 bread group serving Fats, oils, sweets

Here's how Janine analyzed her food choices:

Did you eat at least the minimum number of servings from the five major food groups? **No.**

What food groups came up short?
Milk and Vegetable Groups.

What changes can you make in your eating?
I'll try to eat more dairy foods and vegetables—maybe I'll have yogurt and raw vegetables for snacks.

It's a Wrap

Outside in, inside out . . . whatever way you look at it, a taco is a delicious food that your body—particularly your taste buds—will thank you for eating. Here's how Derek's mouth-watering food combo wraps several food groups into one:



Pizza, cheeseburger, lasagna, a gyro. How do your favorite combo foods fit into the Food Guide Pyramid? To find out, make a list of each food in your favorite combo. Estimate how much food that is. Jot down the name of its food group. Is it a Pyramid serving size? Is it less or more?

Snack Attack

You're hungry. Again. Your stomach is grumbling. You reach for the only thing that will quiet the rumbling—a snack. But what's the deal? Why do you seem to be so hungry all the time? You're growing. Your body needs extra energy and nutrients from food. So quiet the grumble and rumble: eat a snack. Now, read on for some tips to help your snacking be tops.

Snacktoid #1:

Pick snacks to fill in your Pyramid gaps:

- Hit your day's Bread Group target by snacking on a bagel, pretzels, popcorn, muffin, breakfast cereal, or oatmeal cookies, among others.
- If your day's meals come up short in the Vegetable and Fruit Groups, reach for crunchy raw vegetables, frozen fruit juice bars, dried fruit, or a piece of whole fruit.
- Short on the Milk Group? Grab string cheese, a carton of reduced fat yogurt, frozen yogurt, or guzzle a glass of milk.
- If you have a gap in the Meat Group, try a hard-boiled egg, a slice of meat, or a handful of peanuts.

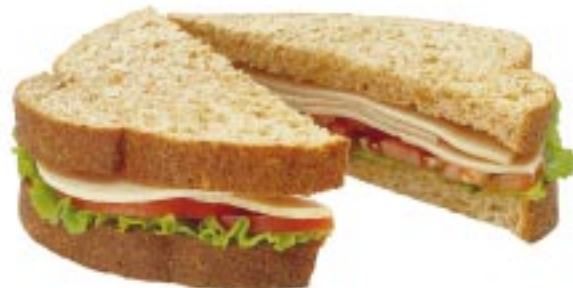


Snacktoid #3:

Take time to enjoy your snacks, as well as your meals. It takes a while for your brain to know your stomach is full. Slow down, eat, and enjoy.

Did You Know . . . ?

When you choose vegetables, paint your plate with color! Besides their good looks, dark-green leafy and deep-yellow vegetables can serve up a hefty amount of vitamin A and folic acid, nutrients that help keep you healthy. (Vitamin A is also great for healthy skin.) Plus, these foods are low in fat. What a great reason to snack on a carrot, red bell pepper, or spinach salad!



Snacktoid #2:

If you snack on foods that have some fat or sugars, no problem. Just keep your helpings sensible.



Snacktoid #4:

Make snack drinks count toward food-group servings. Drinking reduced fat milk, fruit juice, or a shake as a snack can help build your day's Pyramid.

Snacktoid #5:

Do you reach for a snack when you're bored, nervous, happy, angry, or tense? If you do, you may be eating when you're not hungry. Find other ways to handle your feelings. Go for a walk, listen to music, or call a friend.

Snacktoid #6:

Use food labels to make smart snack choices. The Nutrition Facts tell you the calories, fat, and other nutrients in one serving. (Double the numbers for two servings.)



Check Nutrition Facts

Thirsty? Which of these drinks would you choose? As you think about your choice, look at the Nutrition Facts on the food labels. Which drink would you choose for calcium? Which one for vitamin C? How big is a serving for each one?

CAN OF COLA

Nutrition Facts	
Serving Size 12 fluid ounces	
Amount Per Serving	
Calories 140	
	% Daily Value*
Total Fat 0g	0%
Sodium 50mg	2%
Total Carbohydrate 39g	13%
Sugars 39g	
Protein 0g	

*Percent Daily Values are based on a 2,000 calorie diet.



2% CHOCOLATE MILK

Nutrition Facts	
Serving Size 1 cup (236 ml)	
Servings Per Container 8	
Amount Per Serving	
Calories 130	Calories from Fat 45
	% Daily Value*
Total Fat 5g	8%
Saturated Fat 3g 15%	
Cholesterol 20mg	7%
Sodium 125mg	5%
Total Carbohydrate 13g	4%
Dietary Fiber 0g 0%	
Sugars 12g	
Protein 8g	
Vitamin A 10%	Vitamin C 4%
Calcium 30%	Iron 0%
Vitamin D 25%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

ORANGE JUICE

Nutrition Facts	
Serving Size 8 fl oz (240 ml)	
Servings Per Container 8	
Amount Per Serving	
Calories 110	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g 0%	
Cholesterol 0mg	0%
Sodium 0mg	0%
Potassium 450mg	13%
Total Carbohydrate 26g	9%
Dietary Fiber 0g 0%	
Sugars 22g	
Protein 2g	
Vitamin A 0%	Vitamin C 120%
Calcium 2%	Iron 0%
Thiamin 10%	Niacin 4%
Vitamin B6 6%	Folate 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Eat Up!

Each of these snacks counts toward servings from two to three food groups. They're ranked from super-easy to takes-some-effort to prepare.

ULTRA EASY, NO FUSS

- reduced fat yogurt, topped with a favorite fruit
- baked tortilla chips with salsa
- baby carrots

EASY, MINOR PREPARATION

- ice cream sandwich, made with oatmeal cookies
- microwave noodle soup mixed with corn or other vegetables
- peanut butter sandwich with banana slices

A LITTLE MORE EFFORT

- fruit smoothie, made with ice cream, fruit and reduced fat milk
- ham and lettuce, rolled up in a soft tortilla
- microwaved potato, topped with reduced fat cheese

