

Introducing UPMC Health Plan's Dining Smart Community ...

at Children's Museum of Pittsburgh



Children's Museum of Pittsburgh is committed to helping families embrace a healthy lifestyle. That's why the museum is partnering with UPMC Health Plan to bring the Dining Smart Community program to the Big Red Room Café!

What is Dining Smart Community?

Developed by UPMC Health Plan doctors and dietitians, Dining Smart Community is a proven nutrition program that supports a culture of healthy dining, catering, and vending options in the workplace and the community.

Watch for fun family events about nutrition and health at the Children's Museum throughout the year!

Look for the Dining Smart Community logo on the Big Red Room Café menu to find the most nutritious foods for your family. These items contain fewer calories, less fat, and lower levels of cholesterol. Plus, they are rich in fiber,

vitamins, and minerals. Eating healthy is easy with Dining Smart Community!

To download a Big Red Room Café menu featuring Dining Smart Community items, visit www.pittsburghkids.org/visit/the-cafe.





Dining Smart Community Tips

Here are a few tips to help your family eat healthier:

Reduce sugar intake by limiting juices. Did you know that many children consume up to 10 percent of their daily calories just from sugary beverages – including fruit juices? You might be surprised to learn that even a 1½-cup serving of 100 percent grape juice has the equivalent of 12 teaspoons of natural sugar in it. Drink water most of the time. It's your best bet for staying hydrated and healthy!

Decrease the amount of salt in your diet by eating fewer processed foods. Salt is used as a preservative in many processed foods. Read nutrition labels carefully and choose fresh, whole foods when possible. Use sauces and condiments in small amounts as they may contain higher levels of salt.

Consume more fiber by eating whole fruits and vegetables. Fiber is an important part of digestive health, and it helps you feel full longer. Whole fruits and vegetables and whole grains like brown rice are all good sources of fiber.

Quinoa (pronounced KEEN-wah) is a “superfood” whole grain that is also high in protein. Choose plenty of fresh, plant-based foods like these for your family's meals and snacks.



Find more information online:
www.upmchealthplan.com/dscommunity.

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