

## The "Energy In = Energy Out" Park

Eating nutritiously (Energy In) is only half of the equation! To maintain your best health, you should be physically active too (Energy Out). Try these easy suggestions to help your family be healthy all year - at the Children's Museum and at home.

- 1. Try a new active outdoor game every week, like dodgeball or tag.**
  - Weather permitting, play a game at Buhl Community Park across from the Museum.
- 2. Wear a pedometer to track your steps - set a goal to make 10,000 steps each day!**
  - Rent a pedometer at the front admissions desk and track your steps throughout the Museum.
- 3. Use the stairs instead of the elevator or escalator.**
  - Take one of several staircases throughout the Museum to visit all of the exhibits!
- 4. Put on some of your favorite tunes and dance!**
  - Look for family dance party events that take place in the Museum regularly!
- 5. Do some stretching exercises to become more flexible.**
  - Take a whirl in the Museum's Limb Bender or climb the Cargo Net in the Garage.

## Portion Distortion Mountain!

Did you know that many foods that are served as a **single portion** actually contain **multiple servings**?

- A **serving** is a measured amount of food or drink, such as one slice of bread or one cup (eight ounces) of milk.
- A **portion** is the amount of food that you choose to eat for a meal or snack. It can be big or small - you decide.

## Lunch Stop: Eat for the Health of It

- Select fiber-rich foods high in antioxidants by choosing from **fresh fruit and salad** options.
- Fruits and vegetables in a **rainbow of colors** - red, orange, yellow, dark green, purple, and white - provide the best range of nutrients.
- Go for **whole-grain** bread, rolls, pasta, and rice. Whole grains fuel your body with more B-vitamins, protein, and fiber than refined grains.
- The average adult needs about 2,000 **calories** per day. For children ages 2-3, that number is cut to about 1,000. Your precise calorie needs vary with gender, age, weight, and level of physical activity.
- Choose beverages and food items that have **little or no added sugar**. Sugar provides empty calories, and no other nutrients.

## Swimming Pond Nutrition Trivia

- 1. What is an example of a healthy after-school snack?**
  - An apple, low-fat cheese, and whole-grain crackers
  - Kettle-cooked potato chips
  - Vanilla ice cream
- 2. Can you think of the only fruit that has seeds on the outside?**
- 3. How much fruit and vegetables should you eat every day?**
  - 1 cup of fruit and 1 cup of vegetables per year
  - 1 cup of vegetables and 2 pieces of fruit every day
  - 10 cups of each, every day
- 4. Which of these foods has the most calcium?**
  - Low-fat yogurt
  - Broccoli
  - Pretzels
- 5. Swimming sure does make you thirsty! What is the healthiest beverage to drink?**
  - Sports drink
  - Soda
  - Water

Answers: 1. a; 2. Strawberry; 3. b; 4. a; 5. c.

## I Spy ... something nutritious and delicious

Can you find **one of each** of these fruits and vegetables within this image?

- |            |         |
|------------|---------|
| Lettuce    | Apple   |
| Watermelon | Corn    |
| Grapes     | Orange  |
| Peas       | Cherry  |
| Carrot     | Avocado |

# Get on the road to healthy eating



### Dining Smart Green Dot

Look for this icon to find foods that are lower in calories, fat, sodium, and cholesterol. The green dot items meet specific nutrition guidelines.

Dining Smart Community is a program of UPMC Health Plan that supports healthy dining options in the workplace and community. Learn more at [www.upmchealthplan.com](http://www.upmchealthplan.com).