



# Appendix ● Additional Resources





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# *Certificate of Completion*

*presented to*

## **Insert Name of Recipient**

For participating in the

# **Eat Healthy • Be Active**

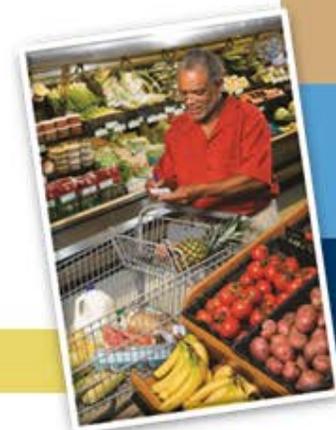
Community Workshops

based on the *Dietary Guidelines for Americans 2010* and  
*2008 Physical Activity Guidelines for Americans*

[Insert MM/DD/YEAR]

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[Insert Name, Title]







### Presidential Active Lifestyle Award: Activity + Nutrition (PALA+)

PALA+ promotes physical activity AND good nutrition, because it takes both to lead a healthy lifestyle. Sign up for the six-week program to help you maintain or improve your health. Anyone age 6 and older can earn their PALA+ today – sign up at [www.presidentschallenge.org](http://www.presidentschallenge.org) or use the log on the reverse side.

**PHYSICAL ACTIVITY** A healthy life is an active life. Youth (6-17 years old) need to be active at least 60 minutes a day (or 11,000 steps for girls and 13,000 steps for boys). Adults (18 and older), 30 minutes (or 8500 steps). So, take a walk with friends, bike ride after dinner, garden, or play a game of basketball at the park. Get your heart pumping and your muscles moving. When you've logged six weeks of physical activity, congratulations. You've started a regular routine for a more active lifestyle.

#### GOOD NUTRITION

Start eating healthy. It's easier than you think! Take it one step at a time. Commit to one new healthy eating goal this week, and circle it on your weekly PALA+ log. The following week add a different goal – but make sure you continue to maintain your healthy eating goal(s) from the week(s) before. Focus on your healthy eating goals every week and remember, the more often you incorporate them into your lifestyle, the better you will feel. When you've achieved six different healthy eating goals, congratulations. You've started a routine for a healthier lifestyle.

#### Tips for Healthy Eating:

##### Make half your plate fruit and vegetables.



Keep it simple by filling half your plate with fruits and vegetables at meal time. The more colorful you make your plate; the more likely you are to get the vitamins, minerals, and fiber your body needs to be healthy. Remember that all forms count – fresh, frozen, canned (fruit in water or 100% juice), dried, or 100% juice.

##### Make half the grains you eat whole grains.



An easy way to eat more whole grains is to switch from a refined grain food to a whole-grain food. For example, eat whole-wheat bread instead of white bread, brown rice instead of white rice, and low-fat popcorn instead of snack chips. Read the ingredients list and choose products that list a whole-grain ingredient first. Look for things like: "whole wheat," "brown rice," "bulgur," "buckwheat," "oatmeal," "rolled oats," "quinoa," or "wild rice."

##### Choose fat-free or low-fat (1%) milk, yogurt, or cheese.



To help build your bones and keep them strong, dairy products should be a key part of your diet because they provide calcium, vitamin D, and many other nutrients your bones need.

##### Drink water instead of sugary drinks.



Regular soda and other sweet drinks such as fruit drinks and energy drinks are high in calories because they have a lot of added sugar. Instead, reach for a tall glass of water. Try adding a slice of lemon, lime or watermelon or a splash of 100% juice to your glass of water if you want some flavor.

##### Choose lean sources of protein.



Meat, poultry, seafood, dry beans or peas, eggs, nuts, and seeds are considered part of the protein foods group. Select leaner cuts of ground beef (label says 90% lean or higher), turkey breast, or chicken breast. Grill, roast, poach, or boil meat, poultry, or seafood instead of frying. Include beans or peas in main dishes such as chili, stews, casseroles, salads, tacos, enchiladas, and burritos.

##### Compare sodium in foods like soup and frozen meals and choose foods with less sodium.



Read the Nutrition Facts label to compare sodium in foods like soup, bread, canned vegetables, and frozen meals – and choose the foods with lower amounts. Look for "low sodium," "reduced sodium," and "no salt added" on food packages.

##### Eat some seafood.



Seafood includes fish (such as salmon, tuna, and trout) and shellfish (such as crab, mussels, and oysters). Seafood has protein, minerals, and omega-3 fatty acids (heart healthy fat). Adults should try to eat at least 8 ounces a week of a variety of seafood. Children can eat smaller amounts of seafood too.

##### Pay attention to portion size.



Check to see what the recommended portion sizes of foods you eat look like in the bowls, plates, and glasses you use at home. For example – check 3/4 cup cereal, 3 ounces cooked chicken, 1 cup milk, 1/2 cup of juice. When dining out avoid "supersizing" your meal or buying "combo" meal deals that often include large size menu items. Choose small size items instead or ask for a "take home" bag and wrap up half of your meal to take home before you even start to eat.



Participant Name \_\_\_\_\_

Age \_\_\_\_\_

Date Started \_\_\_\_\_

Group ID (if applicable) \_\_\_\_\_

Date Completed \_\_\_\_\_

Week 1	Day	Physical Activities	# of Minutes or Pedometer Steps
	Mon		
	Tues		
	Wed		
	Thurs		
	Fri		
	Sat		
	Sun		
Healthy Eating—Select a goal for this week.			
       			

Week 2	Day	Physical Activities	# of Minutes or Pedometer Steps
	Mon		
	Tues		
	Wed		
	Thurs		
	Fri		
	Sat		
	Sun		
Healthy Eating—Circle and continue with last week's goal, and add a new goal.			
       			

Week 3	Day	Physical Activities	# of Minutes or Pedometer Steps
	Mon		
	Tues		
	Wed		
	Thurs		
	Fri		
	Sat		
	Sun		
Healthy Eating—Circle and continue with previous goals, and add a new goal.			
       			

Week 4	Day	Physical Activities	# of Minutes or Pedometer Steps
	Mon		
	Tues		
	Wed		
	Thurs		
	Fri		
	Sat		
	Sun		
Healthy Eating—Circle and continue with previous goals, and add a new goal.			
       			

Week 5	Day	Physical Activities	# of Minutes or Pedometer Steps
	Mon		
	Tues		
	Wed		
	Thurs		
	Fri		
	Sat		
	Sun		
Healthy Eating—Circle and continue with previous goals, and add a new goal.			
       			

Week 6	Day	Physical Activities	# of Minutes or Pedometer Steps
	Mon		
	Tues		
	Wed		
	Thurs		
	Fri		
	Sat		
	Sun		
Healthy Eating—Circle and continue with previous goals, and add a new goal.			
       			

### Healthy Eating Goals

-  I made half my plate fruits and vegetables
-  At least half of the grains that I ate were whole grains
-  I chose fat-free or low fat (1%) milk, yogurt, or cheese

-  I drank water instead of sugary drinks
-  I chose lean sources of protein
-  I compared sodium in foods like soup and frozen meals and chose foods with less sodium

-  I ate seafood
-  I ate smaller portions

**INSTRUCTIONS: Online:** Create an online account at [www.presidentschallenge.org](http://www.presidentschallenge.org). Participate as an individual or join a group (ID at the top of page if applicable). Once you achieve PALA, you're eligible to receive a certificate! **Paper:** Use this hard copy log to track your progress. Once completed, report your accomplishment and receive your certificate at [www.presidentschallenge.org](http://www.presidentschallenge.org)! Or, if part of a group, make sure to return it to your group administrator to get recognized.



## CLEAN

- Washing hands with soap and warm water before and after handling raw food is the best way to reduce the spread of germs and prevent food poisoning.
- Thoroughly wash utensils, cutting boards, and countertops with soap and hot water. Rinse. They may be sanitized by applying a solution of 1 tablespoon of unscented, liquid chlorine bleach per gallon of water. Air-dry.
- Wash fruits and vegetables thoroughly under running water just before eating, cutting, or cooking. Washing fruits and vegetables with soap or detergent or using commercial produce washes is not recommended.

1 in 6 Americans will get sick from food poisoning this year.  
3,000 Americans will die.  
Keep your family food safer.

Raw milk and products made from raw milk (including certain cheeses, ice cream, and yogurt) are foods that can pose severe health risks. Raw milk and products made from raw milk can carry harmful bacteria and other germs that can make you very sick or kill you. At the grocery store, look for milk and milk products that are labeled

## SEPARATE

- Keep raw meat, poultry, eggs, and seafood and their juices away from ready-to-eat food.
- Separate raw meat, poultry, and seafood from produce in your shopping cart. Place food in plastic bags to prevent their juices, which may contain harmful bacteria, from dripping onto other food.
- At home, put raw meat, poultry, and seafood in containers, on plates, or in sealed plastic bags in the refrigerator to prevent their juices from dripping onto other food.
- Use a separate cutting board for raw meat, poultry, and seafood.
- Sauce that is used to marinate raw meat, poultry, or seafood should not be used on cooked food, unless the sauce is boiled first.
- Never place cooked food back on the same plate that previously held raw food unless the plate has first been washed in hot, soapy water.

“pasteurized” (which means the milk has been heated briefly to kill disease-causing germs). If you do not see the word “pasteurized” on the product label, the product may contain raw milk. Pasteurized milk and milk products are safer than raw milk and products made from raw milk.



## COOK

- Color and texture are unreliable indicators of safety. Using a food thermometer is the only way to ensure the safety of meat, poultry, seafood, and egg products. These foods must be cooked to a safe minimum internal temperature to destroy any harmful bacteria.
- The food thermometer should be placed in the thickest part of the food, away from bone, fat, or gristle.

### Safe Minimum Internal Temperatures

*As measured with a food thermometer*

Beef, pork, veal and lamb (roast, steaks and chops)	145 °F with a 3-minute “rest time” after removal from the heat source.
Ground Meats	160 °F
Poultry (whole, parts or ground)	165 °F
Eggs and egg dishes	160 °F Cook eggs until both the yolk and the white are firm. Scrambled eggs should not be runny.
Leftovers	165 °F
Fin Fish	145 °F

### Safe Cooking Guidelines

Shrimp, Lobster, Crabs	Flesh pearly and opaque
Clams, Oysters and Mussels	Shells open during cooking
Scallops	Milky white, opaque and firm



## CHILL

- The temperature in a refrigerator should be 40 °F or below, and the freezer 0 °F or below.
- Perishable food should be thawed in the refrigerator, in the microwave, or in cold water. They should never be thawed on the counter or in hot water. Do not leave food at room temperature for more than two hours (one hour when the temperature is above 90 °F).
- Meat and poultry defrosted in the refrigerator may be refrozen before or after cooking. If thawed in the microwave or cold water, cook before refreezing.
- Divide large pots of food, like soup or stew, into shallow containers. Cut cooked meat or poultry into smaller portions or slices. Place in shallow containers, cover, and refrigerate.
- Only buy eggs from a refrigerator or refrigerated case. Store eggs in the refrigerator in their original carton and use within 3-5 weeks.
- When selecting pre-cut produce choose only those items that are refrigerated or surrounded by ice and keep refrigerated at home to maintain both quality and safety.

### KEEP YOUR FAMILY SAFER FROM FOOD POISONING



Check your steps at [FoodSafety.gov](http://FoodSafety.gov)



## Additional Resources

There are many more resources and materials to help you promote healthy eating and physical activity in your community. The following sections include the titles of materials available from the U.S. Department of Agriculture (USDA), additional helpful recipes and menus, more information about the Dietary Guidelines and Physical Activity Guidelines, and a list of Federal resources related to nutrition and physical activity.

## Helpful Materials

The USDA has produced many helpful materials—“Let’s Eat for the Health of It” (<http://www.choosemyplate.gov/food-groups/downloads/MyPlate/DG2010Brochure.pdf>) offers a wide range of practical tips and appealing photos that reflect key recommendations from the guidelines.

The USDA’s 10 Tips Nutrition Education Series (<http://www.choosemyplate.gov/healthy-eating-tips/ten-tips.html>) provides consumers and professionals with high-quality, easy-to-follow tips in a convenient, printable format. These are perfect for posting on a refrigerator. A different *Ten Tips* handout has been included in each of the six workshops. There are many other helpful tip sheets in the series, with more being added:

- Choose MyPlate: <http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet1ChooseMyPlate.pdf>
- Add More Vegetables to Your Day: <http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet2AddMoreVegetables.pdf>
- Focus on Fruits: <http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet3FocusOnFruits.pdf>
- Make Half Your Grains Whole: <http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet4MakeHalfYourGrainsWhole.pdf>
- Got Your Dairy Today?: <http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet5GotYourDairyToday.pdf>
- Build a Healthy Meal: <http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet7BuildAHealthyMeal.pdf>
- Healthy Eating for Vegetarians: <http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet8HealthyEatingForVegetarians.pdf>

- Smart Shopping for Veggies and Fruits: <http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet9SmartShopping.pdf>
- Liven up Your Meals With Vegetables and Fruits: <http://www.choosemyplate.gov/foodgroups/downloads/TenTips/DGTipsheet10LivenUpYourMeals.pdf>
- Kid-Friendly Veggies and Fruits: <http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet11KidFriendlyVeggiesAndFruits.pdf>
- Be a Healthy Role Model for Children: <http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet12BeAHealthyRoleModel.pdf>
- Cut Back on Your Kid's Sweet Treats: <http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet13CutBackOnSweetTreats.pdf>
- Salt and Sodium: <http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet14SaltAndSodium.pdf>
- Eat Seafood Twice a Week: <http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet15EatSeafood.pdf>
- Eating Better on a Budget: <http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet16EatingBetterOnABudget.pdf>
- Use SuperTracker Your Way: <http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet17SuperTracker.pdf>
- Enjoy Your Food, But Eat Less: <http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet18EnjoyYourFood.pdf>

## Helpful Resources

The following Federal Government resources provide reliable, science-based information on nutrition and physical activity, as well as an evolving array of tools to facilitate Americans' adoption of healthy choices.

### *Federal Guidelines*

- *Dietary Guidelines for Americans, 2010:*  
<http://www.health.gov/dietaryguidelines>
- *2008 Physical Activity Guidelines for Americans:*  
<http://www.health.gov/paguidelines>

## Nutrition

- U.S. Department of Health and Human Services
  - Health.gov: <http://health.gov>
  - Healthfinder.gov: <http://www.healthfinder.gov>
  - Healthy People: <http://www.healthypeople.gov>
  - Office of Disease Prevention and Health Promotion: <http://odphp.hhs.gov>
  - Office of the Surgeon General—Childhood Overweight and Obesity Prevention Initiative: <http://www.surgeongeneral.gov/obesityprevention/index.html>
  - Centers for Disease Control and Prevention: <http://www.cdc.gov>
  - Food and Drug Administration: <http://www.fda.gov>
  - National Institutes of Health—**We Can!** (Ways to Enhance Children’s Activity and Nutrition): <http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/>
  - *Let’s Move!*: <http://www.letsmove.gov> (Nutrition and physical activity information)
- U.S. Department of Agriculture
  - ChooseMyPlate: <http://www.choosemyplate.gov/>
  - Nutrition.gov: <http://www.nutrition.gov>
  - Center for Nutrition Policy and Promotion: <http://www.cnpp.usda.gov>
  - Food and Nutrition Service: <http://www.fns.usda.gov>
  - Team Nutrition: <http://www.fns.usda.gov/tn>
  - Food and Nutrition Information Center: <http://fnic.nal.usda.gov>
  - National Institute of Food and Agriculture: <http://www.nifa.usda.gov>
- Recipes and Menus
  - <http://www.choosemyplate.gov/healthy-eating-tips/sample-menus-recipes.html>
  - <http://healthymeals.nal.usda.gov/schoolmeals/Recipes/recipefinder.php>
  - [http://www.nhlbi.nih.gov/health/public/heart/other/ktb\\_recipebk/famrec.htm](http://www.nhlbi.nih.gov/health/public/heart/other/ktb_recipebk/famrec.htm)
- Food Safety
  - Food Safety Basics: <http://www.foodsafety.gov/keep/basics/>

- Educational Materials and Campaigns:  
[http://www.fsis.usda.gov/Food\\_Safety\\_Education/Available\\_Downloads/index.asp](http://www.fsis.usda.gov/Food_Safety_Education/Available_Downloads/index.asp)
- Safe Food Handling:  
[http://www.fsis.usda.gov/Fact\\_Sheets/7\\_Steps\\_Community\\_Meals/index.asp](http://www.fsis.usda.gov/Fact_Sheets/7_Steps_Community_Meals/index.asp)
- CDC Vital Signs, Making Food Safer to Eat:  
<http://www.cdc.gov/vitalsigns/FoodSafety/index.html>
- Nutrition Facts Label
  - <http://www.fda.gov/Food/ResourcesForYou/Consumers/NFLPM/default.htm>
- Portion Sizes
  - Portion Distortion Quiz from NHLBI: <http://hp2010.nhlbihin.net/portion/>
  - How Many Fruits and Vegetables Do You Need?:  
<http://www.fruitsandveggiesmatter.gov/>
  - Just Enough for You:  
[http://www.win.niddk.nih.gov/publications/just\\_enough.htm](http://www.win.niddk.nih.gov/publications/just_enough.htm)
- Body Mass Index (BMI)
  - <http://www.cdc.gov/healthyweight/assessing/bmi/>
  - <http://www.nhlbisupport.com/bmi/>

### *Physical Activity*

- President’s Council on Fitness, Sports, and Nutrition:  
<http://www.presidentschallenge.org>  
<http://www.fitness.gov>
- Centers for Disease Control and Prevention: <http://www.cdc.gov>
  - Division of Adolescent and School Health:  
<http://www.cdc.gov/HealthyYouth/physicalactivity>
  - Division of Nutrition, Physical Activity, and Obesity:  
<http://www.cdc.gov/nccdphp/dnpa/physical/index.htm>
  - Healthier Worksite Initiative:  
<http://www.cdc.gov/nccdphp/dnpa/hwi/index.htm>
- National Physical Activity Plan: <http://www.physicalactivityplan.org/>

- Sample Exercises and Information on Physical Activity  
<http://www.nia.nih.gov/health/publication/exercise-physical-activity-your-everyday-guide-national-institute-aging-1>

## Answering Questions About the Guidelines

The following information has been extracted from frequently asked questions for each set of guidelines (posted on their respective Web sites). A complete set of questions and answers can be found at <http://www.health.gov/dietaryguidelines/faq.asp> and <http://www.health.gov/paguidelines/faqs.aspx>.

### *Dietary Guidelines for Americans, 2010*

#### **What are the Dietary Guidelines?**

The Dietary Guidelines provide advice for making food choices that promote good health and a healthy weight and help prevent disease for healthy Americans aged 2 years and older. The advice is based on a rigorous review of the scientific evidence through a transparent, unbiased process. The Dietary Guidelines are congressionally mandated under the 1990 National Nutrition Monitoring and Related Research Act (Public Law 101-445, Section 301 [7 U.S.C. 5341], Title III). The guidelines are released by the Secretaries of the USDA and Health and Human Services (HHS) every 5 years.

#### **Why are the Dietary Guidelines important?**

They form the basis of Federal nutrition policy, education, outreach, and food assistance programs used by consumers, industry, nutrition educators, and health professionals. All Federal dietary guidance for the public is required to be consistent with the Dietary Guidelines. The guidelines provide the scientific basis for the Government to speak in a consistent and uniform manner. They are used in the development of materials, messages, tools, and programs to communicate healthy eating and physical activity to the public.

### *2008 Physical Activity Guidelines for Americans*

#### **Why should people be more physically active?**

HHS published physical activity guidelines for the first time because being physically active is one of the most important steps that Americans of all ages can take to improve their health. The *2008 Physical Activity Guidelines for Americans* provide science-based guidance to help Americans aged 6 years and older improve their health through

appropriate physical activity. These guidelines are necessary because of the importance of physical activity to the health of Americans, whose current inactivity puts them at unnecessary risk. Unfortunately, the latest data show that inactivity among American adults and youth remains relatively high and little progress has been made in increasing the level of physical activity in the population.

### **What are the Physical Activity Guidelines for adults?**

Adults should do a minimum of 2 hours and 30 minutes of moderate-intensity aerobic activity a week by doing activities like brisk walking, ballroom dancing, or general gardening. Or adults can choose 1 hour and 15 minutes (75 minutes) a week of vigorous-intensity aerobic physical activity by doing activities like jogging, aerobic dancing, and jumping rope. Adults also may choose combinations of moderate- and vigorous-intensity aerobic activity. In general, 1 minute of vigorous activity is equal to 2 minutes of moderate activity.

Aerobic activity should be performed in episodes of at least 10 minutes, preferably spread throughout the week. For additional and more extensive health benefits, adults should increase their aerobic physical activity to 5 hours (300 minutes) a week of moderate-intensity, 2 hours and 30 minutes a week of vigorous-intensity, or an equivalent combination of moderate- and vigorous-intensity aerobic physical activity. Additional health benefits are gained by engaging in physical activity beyond this amount. Adults also should do muscle-strengthening activities on 2 or more days a week to achieve the unique benefits of strengthening activities.

### **What are the Physical Activity Guidelines for children and adolescents?**

Children and adolescents aged 6–17 years should accumulate 1 hour or more of physical activity daily. The 1 hour of activity should be mostly aerobic but also should include muscle-strengthening and bone-strengthening activities. Youth should include vigorous-intensity activity in this 1 hour on at least 3 days a week. They also should do muscle-strengthening activities on at least 3 days and bone-strengthening activities on at least 3 days a week. It is important to encourage young people to participate in physical activities that are appropriate for their age, enjoyable, and offer variety. The guidelines list a number of examples of each type of activity for children and adolescents.

## Answering Questions About MyPlate

### **What was the reasoning for developing the new MyPlate icon?**

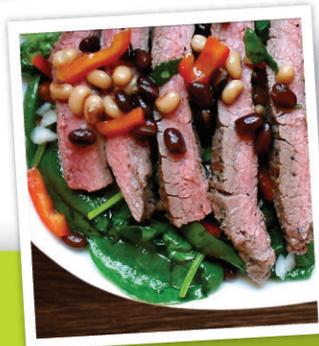
MyPlate was developed as an effort to promote healthy eating to consumers. The MyPlate icon is easy to understand and it helps promote messages based on the *Dietary Guidelines for Americans, 2010*. The new MyPlate icon builds on a familiar image—a plate—and is accompanied by messages to encourage consumers to make healthy choices.

### **Physical activity is not illustrated on the MyPlate icon. What is the rationale for the change?**

To simplify the image, the MyPlate icon includes only the five food groups to help remind consumers to eat healthfully. It does not include all of the messages of the Dietary Guidelines. Although not depicted in this icon, physical activity is still very important for an overall healthy lifestyle. Balancing healthy eating with regular physical activity is essential, and the principles found in the *2008 Physical Activity Guidelines for Americans* “Be Active Your Way” handout will be emphasized throughout this initiative. Resources will be available on the HHS Web site in addition to the USDA Center for Nutrition Policy and Promotion’s forthcoming interactive tool, allowing users to track and assess their diet and physical activity.

### **Who is the author of the ChooseMyPlate.gov material?**

Everything on the ChooseMyPlate.gov Web site (Daily Food Plan, Food Tracker, Food Planner, etc.) was developed by a team of nutritionists, dietitians, economists, and policy experts at USDA. The information is based on expert nutrition recommendations for Americans aged 2 years and older from the Dietary Guidelines.



You can find more information about eating healthy and being active at

- <http://www.health.gov/dietaryguidelines>
- <http://www.health.gov/paguidelines>
- <http://www.healthfinder.gov>
- <http://www.ChooseMyPlate.gov>

