



## Done Right Food School News -- May 2010

*"Healthy Food, Healthy Message"*

### CHECK OUT WWW.MY.PYRAMID.GOV --- STEPS TO A HEALTHIER YOU

"MyPyramid" emphasizes the basics. Keep good nutrition simple --- stay within calorie limits, enjoy foods rich in essential nutrients from all five food groups, and be physically active. There are five food groups for a reason. No single food or food group can provide all 50 plus nutrients you need each day. It is important to choose foods rich in essential nutrients from ALL five food groups.

### AND THE FIVE FOOD GROUPS ARE:

- **GRAINS** - Make half your grains whole. Choose whole-grain foods --- such as whole-wheat bread, oatmeal, brown rice, and low-fat popcorn --- more often.
- **VEGETABLES** - Vary your vegetables. Go dark green and orange with your vegetables --- eat spinach, broccoli, carrots, and sweet potatoes.
- **FRUITS** - Focus on fruits. Eat them at meals AND at snack times. Choose fresh, frozen, canned, or dried, and go easy on the fruit juice.
- **MILK** - Get your calcium-rich foods. To build strong bones, include low fat and fat-free milk and other milk products with your meals and snacks every day.
- **MEAT & BEANS** - Go lean with protein. Eat lean beef and pork, skinless chicken and turkey, and fish. Also, use more dry beans and peas. Add chickpeas, nuts, or seeds to a salad; pinto beans to a burrito; or kidney beans to a soup.

### EAT RIGHT. EXERCISE. HAVE FUN.

Find your balance between food and fun. Set a good example. Establish a routine. Set up a home gym. Just get up and move more. Walk, dance, bike, rollerblade --- it all counts. Just being active for six 10-minute bouts over the course of a day, while not exceeding your caloric limits, will meet the weight maintenance needs of most adults.

### OUR DONE RIGHT FOOD COMMITMENT --- HEALTHY FOOD, HEALTHY MESSAGE

DRF follows our own *Healthy Menu Guidelines* when planning menus that offer great food for students at school. Menus are aligned with the Dietary Guidelines for Americans, health education curriculum, and school wellness policies. Our guidelines state specific types of healthy, wholesome foods that are popular with students and are served every day in school. Daily lunches include fresh green leafy salads, fresh vegetables and fruits, lean meat and poultry, reduced fat cheese and dressings, whole grain items, and more. Breakfasts offer low sugar cereals, low fat yogurt, etc. All meals include skim milk.

In addition, the guidelines state specific types of heat-and-serve, convenience, less "healthy" foods that will not be served at all. Lunches do not include any breaded chicken products, hot dogs, corn dogs, hamburgers, frozen pizza, french fries, tater tots, fried chips, etc. Likewise, breakfasts do not include any high sugar cereals, chewy cereal bars, pop tarts, etc.

### For more information, contact us:

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