



Stay in Shape By Catherine Erickson
Nutrition Education
5-9 Servings of Fruits and Vegetables a Day

Name _____

Sometimes there seems to be so much to learn about health, nutrition, exercise and even relaxation that it becomes overwhelming. Where to start?

Up in Maine they were studying how to prevent obesity in kids. They came up with a really simple slogan or saying to keep in mind when trying to make changes that will make a difference. This slogan or saying is 5-2-1-0. Think of it as a countdown to health.

When you click on the 5-2-1-0

http://www.mcph.org/Major_Activities/KeepMEHealthy/5210_Readiness_Poster.pdf

on the Powerpoint that goes with this worksheet, you will go to a website that asks you to rate yourself.

List your answers below

IMPORTANCE

On a scale of 1-10, how important is it to you to make a change toward a healthy lifestyle?

Your value _____

Why did you choose the number you did?

CONFIDENCE

On a scale of 0-10, how confident are you that you can succeed in making any changes toward a healthy lifestyle?

Your value _____

What might your next steps be?

What is your plan?

Which of the four steps would be hard for you to follow? Explain

Which of the four steps would be easy for you? Explain

FRUITS AND VEGETABLES

Do you like fruits? _____

Why or Why not? _____

What's your favorite fruit? _____

Use the powerpoint to check out a few different fruits.

Of the fruits you looked at:

Pick the one that has the highest calories: _____

What is the serving size? _____

Why are calories important to know about? _____

GLYCEMIC INDEX

Nutritionists have recently discovered that not all carbohydrates are the same. Some release their sugar content slowly to the blood, while others release the sugar quickly into the bloodstream when they are digested.

If you are trying to control your blood sugar, or keep your pancreas from working overtime, it is best to choose fruits and vegetables that have a low glycemic index. Foods that have a glycemic index (GI) of below 50 are considered low glycemic foods.

Which of the fruits that you looked at have the lowest glycemic index?

Before you leave looking at the delicious fruits, check out the GI value for watermelon. Surprised?

If someone in your family could have diabetes, watermelon would not be a good choice for them.

VEGETABLES

Do you like vegetables? _____

Why or why not? _____

What's your favorite vegetable? _____

Use the powerpoint to check out a few different vegetables from the vegetables chart by clicking on vegetables in the 5-2-1-0 slide.

Of the vegetables you looked at:

Pick the one that has the highest calories: _____

What is the serving size? _____

SODIUM

Compare the **Sodium** content of a can of beans to 6 baby carrots. What do you notice? The beets information is from canned as well. What do you have to be careful of when picking canned produce?

The daily requirement for sodium is 2,400 mg/day.

How many grams is that? _____

If you have high blood pressure or kidney disease, you should only take in no more than 2000 mg/day.

How many grams is that? _____

FIBER

One of the things that fruits and vegetable add to our diet, besides wonderful vitamins and minerals is FIBER. Fiber helps your digestion and keeps you regular!

Go back to the fruits and vegetables charts and try to find the

FRUIT with the most FIBER _____

VEGETABLE with the most FIBER _____

Finally, DID YOU CHANGE ANY OF YOUR ATTITUDES ABOUT FRUITS AND VEGETABLES?

WHY OR WHY NOT?