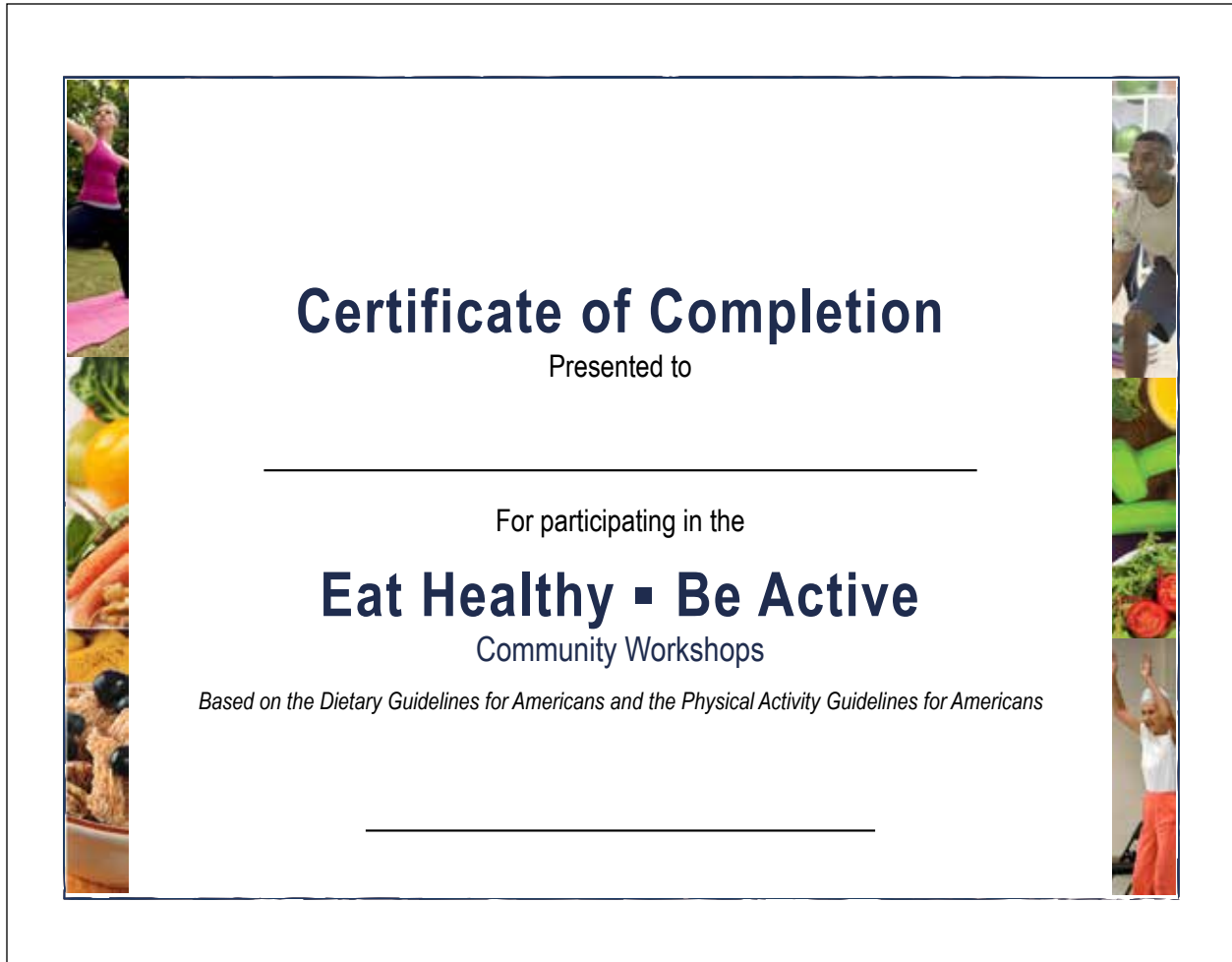


APPENDIX

Additional Resources



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Link to source doc: <https://health.gov/dietaryguidelines/workshops/>

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Presidential Active Lifestyle Award (PALA+)

PALA+ is a program of the President's Council on Fitness, Sports & Nutrition that promotes physical activity and good nutrition because it takes both to lead a healthy lifestyle. Anyone age 6 and older who completes PALA+ can earn a free award in recognition of establishing healthy habits. Start a PALA+ program by using this log or online with U.S. Department of Agriculture's SuperTracker.

PALA+ is an 8-week program but can be completed in as few as 6 weeks.

- **Weeks 1-5:** In the first 5 weeks, log your food and physical activity to begin a routine and reach as many goals as you can.
- **Weeks 6-8:** Beginning in week 6, you must reach your weekly physical activity goal and at least 6 of the 9 weekly healthy eating goals, including at least 1 of the dietary limit goals, to complete the program. If you need more time to reach your goals, you can try again in weeks 7 or 8.

Physical Activity Goal

Achieve the PALA+ physical activity goal by reaching the weekly minute goal. **Youth ages 6-17** need to be active for at least 300 minutes (5 hours) per week. **Adults 18 and older** need to be active for at least 150 minutes (2 hours and 30 minutes) per week.

Healthy Eating Goals

With PALA+ you have the freedom to choose what healthy eating goals you want to work on, which allows you to tailor the program to meet your specific needs. See below for tips on how to achieve the PALA+ healthy eating goals.

Tips for the PALA+ Healthy Eating Goals



Focus on Whole Fruit: Aim to choose whole fruits over fruit juice for extra fiber. Fruits may be fresh, canned, frozen, or dried and may be whole, cut-up, or pureed.



Make More of Your Grains Whole: Read the ingredients list and choose products that list a whole-grain ingredient first, such as "whole wheat," "brown rice," or "oatmeal."



Vary Your Veggies: Select a variety of colorful vegetables to get the vitamins, minerals, and fiber your body needs to be healthy. This includes fresh, frozen, or canned varieties.



Move to Fat-Free or Low-Fat Dairy: Dairy products, as well as soy milks, offer calcium, vitamin D, and many other nutrients your body needs.



Vary Your Protein Routine: Meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts, and seeds are considered part of the Protein Foods Group. Select leaner cuts of beef and pork and eat turkey and chicken without skin.



Drink Water Instead of Sugary Drinks: Regular soda and other drinks such as fruit drinks and energy drinks can have added sugars. Instead, reach for a tall glass of water.

Dietary Limit Goals



Select Food With Less Sodium: Read the Nutrition Facts label to compare sodium in packaged foods like soup, canned vegetables, and frozen meals; choose the foods with lower amounts.



Limit Added Sugars: Added sugars increase calories without contributing essential nutrients and include syrups and other caloric sweeteners.



Replace Saturated Fats With Unsaturated Fats: Most saturated fats come from animal products. Choose lower fat dairy and lean options for meat and poultry—like lean beef and grilled chicken breast without the skin.

For more information on how physical activity can help promote health and reduce the risk of chronic disease, and on healthy eating patterns and how to ensure your diet is meeting your nutritional needs, please consult the Physical Activity Guidelines for Americans and Dietary Guidelines for Americans available at health.gov.

Link to source doc: <https://www.hhs.gov/fitness/programs-and-awards/pala/index.html#paper-log>

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Participant Name _____ Age _____

Date Started _____ Date Completed _____

Paper Log Instructions:

Circle each healthy eating goal you achieve. Enter your daily physical activity in minutes and add up the total at the end of the week. Circle the total if your goal is met. Once you achieve your goals in week 6, 7, or 8, you're eligible to receive the PALA+ award certificate at www.fitness.gov!

Healthy Eating Goals (key)

- Focus on Whole Fruits
- Make More of Your Grains Whole
- Select Foods with Less Sodium
- Drink Water Instead of Sugary Drinks
- Move to Fat-Free or Low-Fat Dairy
- Vary Your Veggies
- Vary Your Protein Routine
- Limit Added Sugars
- Replace Saturated Fats with Unsaturated Fats

PARTICIPATION LOG									
WEEK	HEALTHY EATING GOALS	PHYSICAL ACTIVITY GOAL							
		Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Total
1									
2									
3									
4									
5									
6									
7									
8									

Online Instructions:

The PALA+ program can also be completed online using USDA's SuperTracker! Create an account at www.supertracker.usda.gov. You can earn your PALA+ award by logging your food and physical activity to reach your goals.



Link to source doc: <https://www.hhs.gov/fitness/programs-and-awards/pala/index.html#paper-log>

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FOOD SAFETY

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 liquid chlorine bleach per gallon of water. Air-dry.
- Wash fruits and vegetables thoroughly under running water just before eating, cutting, or cooking. Do not wash fruits and vegetables with soap, detergent or commercial produce washes.

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

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 “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.

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.

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	
<i>As measured with a food thermometer</i>	
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 SAFE FROM FOOD POISONING



Check your steps at FoodSafety.gov

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ADDITIONAL RESOURCES

There are many more resources and materials to help you promote healthy eating and physical activity in your community. Below are helpful resources for implementing the Dietary Guidelines and Physical Activity Guidelines, including recipes and menus, food labeling, and food safety.

HELPFUL MATERIALS

Dietary Guidelines

[Toolkit for Professionals](#) (from the U.S. Department of Health and Human Services, HHS)

Find tips, messages, and materials that will help you share information from the Dietary Guidelines with your patients, clients, and peers.

- <https://health.gov/dietaryguidelines/2015/resources.asp>
- [How to Build a Healthy Eating Pattern \[PDF - 520 KB\]](#) features tips for making nutritious food and beverage choices a part of your everyday routine.
 - [Spanish: Cómo crear un patrón de alimentación saludable \[PDF - 423 KB\]](#)
- [Shift to Healthier Food & Beverage Choices \[PDF - 332 KB\]](#) offers a closer look at a central Dietary Guidelines concept.
 - [Spanish: Elija alimentos y bebidas más saludables \[PDF - 763 KB\]](#)
- [Cut Down on Added Sugars \[PDF - 353 KB\]](#) offers a how-to guide for reducing added sugars.
 - [Spanish: Consuma menos azúcares agregados \[PDF - 903 KB\]](#)
- [Cut Down on Sodium \[PDF – 821 KB\]](#) offers a how-to guide for reducing sodium.
 - [Spanish: Consuma menos sodio \[PDF - 362 KB\]](#)
- [Cut Down on Saturated Fats \[PDF – 772 KB\]](#) offers a how-to guide for reducing saturated fats.
 - [Spanish: Consuma menos grasas saturadas \[PDF - 357 KB\]](#)

[MyPlate Tip Sheets](#) (from the U.S. Department of Agriculture)

USDA provides *MyPlate Tip Sheets* for consumers and professionals with high-quality, easy-to-follow tips in a convenient, printable format. These are perfect for posting on a refrigerator or wall.

A *MyPlate Tip Sheet* is included in each of the six workshops. There are many other helpful tip sheets in the series, with more being added:

- <https://www.choosemyplate.gov/ten-tips>
- <https://www.choosemyplate.gov/printable-materials>

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OTHER 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:* www.dietaryguidelines.gov
- *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 the Surgeon General:
 - Active Living: <https://www.surgeongeneral.gov/priorities/prevention/strategy/active-living.html>
 - Healthy Eating: <https://www.surgeongeneral.gov/priorities/prevention/strategy/healthy-eating.html>
- Centers for Disease Control and Prevention:
 - <http://www.cdc.gov/nutrition/index.html>
 - <http://www.cdc.gov/healthyschools/nutrition/schoolnutrition.htm>
 - <http://www.cdc.gov/workplacehealthpromotion/health-strategies/nutrition/index.html>
- Food and Drug Administration:
 - <http://www.fda.gov/Food/default.htm>
 - <https://www.fda.gov/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/LabelingNutrition/ucm385663.htm#images>
- National Institutes of Health — *We Can!* (Ways to Enhance Children's Activity and Nutrition):
 - <http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/>
 - https://ods.od.nih.gov/HealthInformation/DS_WhatYouNeedToKnow.aspx

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>

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- 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>
- <https://www.fns.usda.gov/tn/team-nutrition-recipes-and-cookbook-toolkit>
- <https://healthyeating.nhlbi.nih.gov/>
- <http://www.whatscooking.fns.usda.gov/>

Food Safety

- Your Gateway to Food Safety Information: <https://www.foodsafety.gov>
- Check Your Steps: <http://www.foodsafety.gov/keep/basics/>
- USDA Educational Materials : <http://www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education>
- Safe Food Handling: http://www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets/safe-food-handling/basics-for-handling-food-safely/ct_index
- CDC Vital Signs, Making Food Safer to Eat: <http://www.cdc.gov/vitalsigns/FoodSafety/index.html>

Nutrition Facts Label and Programs from the FDA

- <http://www.fda.gov/Food/IngredientsPackagingLabeling/LabelingNutrition/ucm20026097.htm>
- <https://www.fda.gov/Food/ResourcesForYou/default.htm>

Portion Sizes

- Portion Distortion Quiz from NHLBI: <http://www.nhlbi.nih.gov/health/educational/wecan/eat-right/portion-distortion.htm>
- How Many Fruits and Vegetables Do You Need?: <http://www.fruitsandveggiesmorematters.org/>
- Just Enough for You: http://www.win.niddk.nih.gov/publications/just_enough.htm

Body Mass Index (BMI)

- <http://www.cdc.gov/healthyweight/assessing/bmi/>
- http://www.nhlbi.nih.gov/health/educational/lose_wt/BMI/bmicalc.htm

Physical Activity

- *Physical Activity Guidelines for Americans*: www.health.gov/paguidelines
- President's Council on Fitness, Sports & Nutrition: <http://www.fitness.gov>

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- Centers for Disease Control and Prevention
 - <http://www.cdc.gov/nccdphp/dnpa/physical/index.htm>
 - <http://www.cdc.gov/healthyschools/physicalactivity/guidelines.htm>
 - <http://www.cdc.gov/physicalactivity/worksites-pa/index.htm>
- National Physical Activity Plan: <http://www.physicalactivityplan.org>

Resources for Older Adults

- Healthy Eating As We Age: <https://www.choosemyplate.gov/older-adults>
- Choosing Healthy Meals as You Get Older: <https://www.choosemyplate.gov/ten-tips-choosing-healthy-meals-you-get-older>
- National Institute on Aging Healthy Eating: <https://www.nia.nih.gov/health/healthy-eating>
- Go4Life from the National Institute on Aging : <https://go4life.nia.nih.gov/mygo4life>
- How Much Physical Activity Do Older Adults Need?: <https://www.cdc.gov/physicalactivity/basics/older-adults/index.htm>
- Benefits of Exercise: <https://nihseniorhealth.gov/exerciseforolderadults/healthbenefits/01.html>

ANSWERING QUESTIONS ABOUT THE GUIDELINES

The following information has been extracted from frequently asked questions for each set of guidelines. A complete set of questions and answers can be found at www.DietaryGuidelines.gov and <https://health.gov/paguidelines>

Dietary Guidelines for Americans

What are the Dietary Guidelines?

The Dietary Guidelines provides advice for making food and beverage choices that promote good health and a healthy weight and help prevent disease. The advice is based on a rigorous review of the scientific evidence through a transparent and systematic 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 Dietary Guidelines are released by the Secretaries of the United States Department of Agriculture (USDA) and Health and Human Services (HHS) every 5 years.

Why are the Dietary Guidelines important?

The Dietary Guidelines provides the scientific basis for the government to speak in a consistent manner about nutrition and health. It helps inform federal nutrition policy, education, outreach, and food assistance programs used by consumers, industry, nutrition educators, and health professionals. All federal nutrition education for the public is required to be consistent with the Dietary Guidelines. As such, it is used in the development of materials, messages, tools, and programs to communicate healthy eating. For additional information, visit www.DietaryGuidelines.gov.

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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 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.