

If you can
count to three,
you can shop
nutritiously...

children's activity book



Guiding Stars® Nutritious choices made simpleSM

Guiding Stars® All Star Snacks

Healthy Chex Mix

Ingredients:

2 cups Cheerios® Cereal
2 cups Wheat Chex Cereal
2 cups Rice Chex Cereal
4 cups Corn Chex Cereal
4 cups pretzels, unsalted
1 cup peanuts (optional)
1/2 cup apple juice
4 Tbs Worcestershire sauce
1 tsp garlic powder
1 tsp onion powder
1 tsp celery salt

Directions:

Combine all dry cereals, nuts and pretzels. In separate bowl combine apple juice and Worcestershire Sauce and seasonings. Toss with cereal mixture and bake at 275° for one hour. Stir every 10 minutes.

Delicious All Star Oatmeal

Ingredients:

1 cup water
1/2 cup rolled oats
1/4 cup starred applesauce
2 tsp brown sugar
pinch of cinnamon

Directions:

Pour the water and oats into a Medium size pot on the stovetop. Heat until it is boiling, then turn heat to low. Using a wooden spoon, slowly stir in applesauce and cinnamon. Cook on low heat and continue to stir mixture for 5 minutes. Pour the oatmeal into a bowl and sprinkle the brown sugar on top. Let the oatmeal cool - then dig in!
(serves 2)

Fresh Fruit Kebabs with Lemon Lime Dip

Ingredients:

4 oz starred low-fat lemon yogurt
1 tsp fresh lime juice
1 tsp lime zest
4 to 6 pineapple chunks
4 to 6 strawberries
1 kiwi, peeled and diced
1/2 banana, cut into 1/2-inch chunks
4 to 6 red grapes
4 wooden skewers

Directions:

You can substitute any of your favorite fruits for those listed here.

In small bowl, whisk together the yogurt, lime juice and lime zest. Cover and refrigerate until needed. Thread 1 of each fruit onto skewer. Repeat with other skewers until the fruit is gone. Serve with the lemon lime dip.

Yogurt Parfait

Ingredients:

2 cups starred yogurt
1 cup frozen blueberries, thawed
1/4 cup almonds, slivered

Directions:

To assemble parfait, begin with half of the yogurt in the bottom of a bowl or tall glass. Add a third of the almonds and half of the blueberries, repeat. Top with the remaining almonds and enjoy.
(serves 4)

Guiding Stars

good



One star means **good** nutritional value.

better



Two stars, **better** nutritional value.

best



Three stars, **best** nutritional value.

Nutritious choices made simpleSM

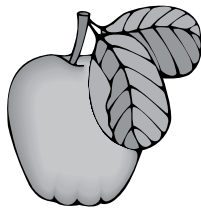


Spell & Tell

Spell the name of the Guiding Stars® food you see in each picture.
Then, tell your Mom or Dad to look on the shelf tags to see how many Stars each food has.



 K



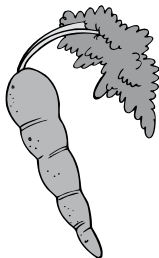
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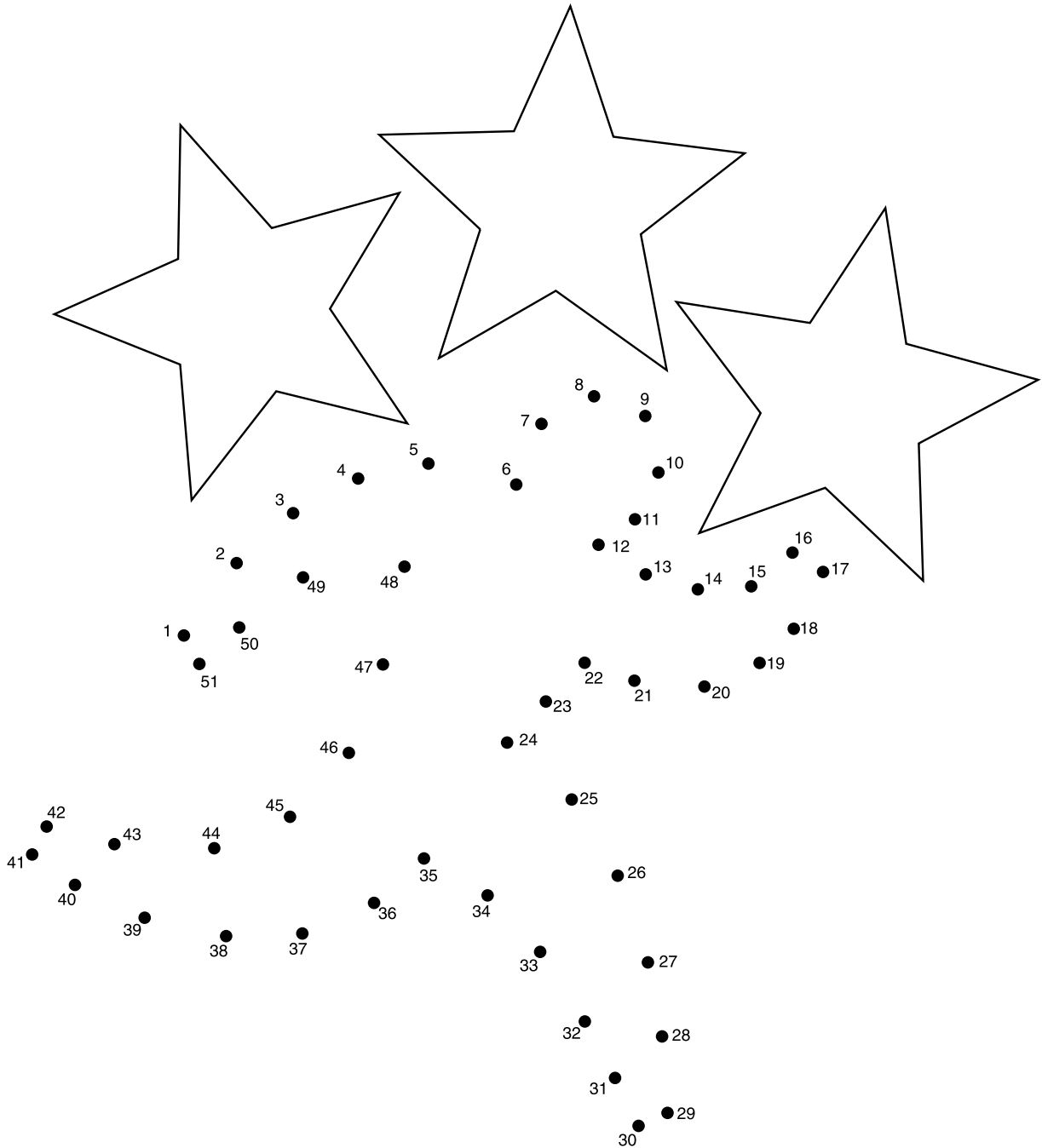
 R **C** **C**



 R **R**



Connect the dots and look for
the Guiding Stars® in the store.





7



Guiding Stars®
Nutritious choices made simple.™

8



better

1



Guiding Stars®
Nutritious choices made simple.™

start with stars

2



Guiding Stars®
Nutritious choices made simple.™

veggie stars

What 3 star food is round, red and keeps the doctor away?

What breakfast choice will give you energy until lunchtime?

- A. hot oatmeal
- B. whole grain cereal
- C. whole wheat toast with peanut butter
- D. All of the above

Answer: D

Skim or 1% Milk

Apples

Carrots

What 3 star veggie keeps your eyes working well?
(hint: bunnies love them!)

What tasty 3 star beverage keeps your bones strong?

4

5

stars

wholesome stars

Guiding Stars®
Nutritious choices made simple.™



6

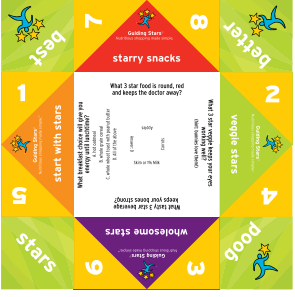
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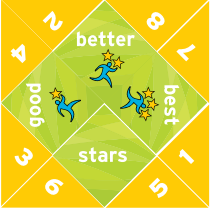


HOW TO FOLD YOUR STAR CATCHER

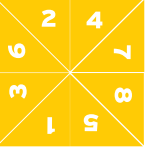
STEP 1



STEP 2



STEP 3



STEP 4



STEP 5



HOW TO PLAY

Pick a partner. **1.** Hold up the Star Catcher and ask them to choose a word. Spell out the word count by opening and closing the Star Catcher. **2.** Once the word is spelled out, ask them to pick a number. Count the number by opening and closing the Star Catcher. **3.** Ask your partner to choose another number. Lift the numbered panel to reveal fun facts about Guiding Stars.



Guiding Stars® Seek & Find

Look up, down, across, backwards and on the diagonals to find all of the words on the list. Did you find them all? If so, you will find it very easy to spot the Guiding Stars on shelf tags all over the store.

a n b d c i e l s f s o d i u m c h o h
i t m i n e r a l s t r m f o x g w a d
u f m s t r a n s f a t d m o u c n a e
s a n s t r a c h o i c e s i i n o j o
u f g s a i e m s o b i d d o a c s a e
f m s l i t m s b d i d i r f c e n e b
u a b s l i u m s s b n d o o s w i s e
u k m e l s e r s o g i r f q u c a u s
s f a s t i e f a s b d d a o r j r o d
r h v a s t e d t t s h o p p i n g i e
a c i t i d e a s b e i d n r u c e t f
g f t s m a r r l b b d h a o h b l i g
u f a n p s e r s j w i f h k a c o r u
s i m i l i e y k b e i d a o n x h t i
i b i m e i e s s p o e d d t n l w u d
e e n e l f l o r e t s e l o h c l n e
s r s s j d e m s g b i d r o f c l a s

nutritious
simple
fast
Guiding Stars
better

vitamins
minerals
fiber
whole grains
sugars

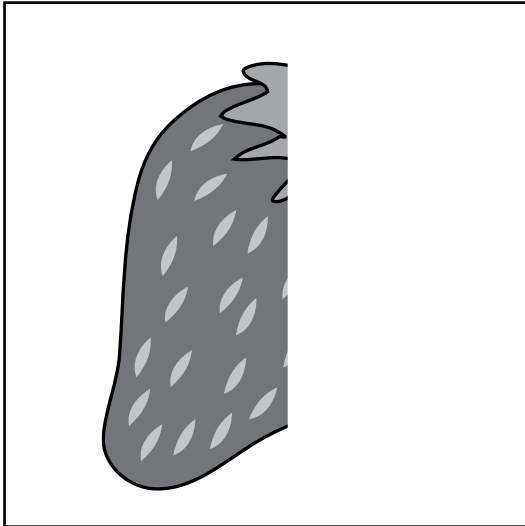
saturated fat
trans fat
cholesterol
sodium
foods

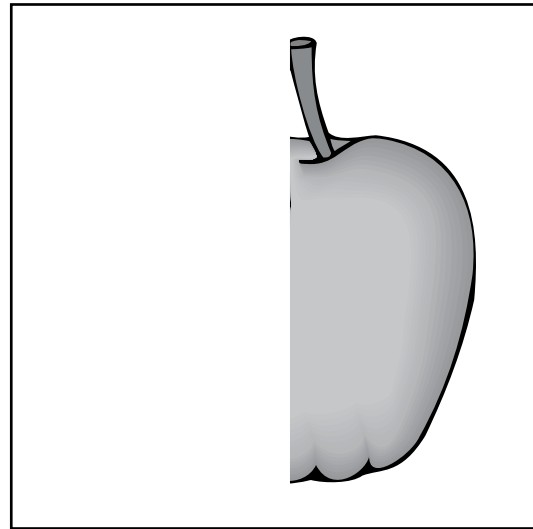
shopping
choices

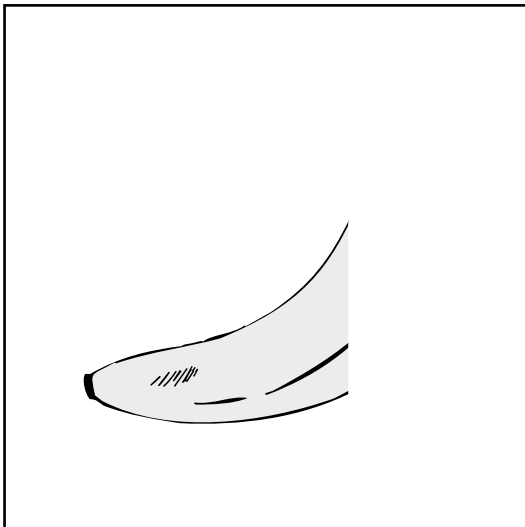


Draw these Guiding Stars® foods.

Complete these pictures of Guiding Stars foods. Write the name of each one below.









Pick your favorites with Guiding Stars®!

Find foods in each group that have Guiding Stars. Write your favorites below.

FRUIT: _____

VEGETABLE: _____

GRAINS: _____

DAIRY: _____

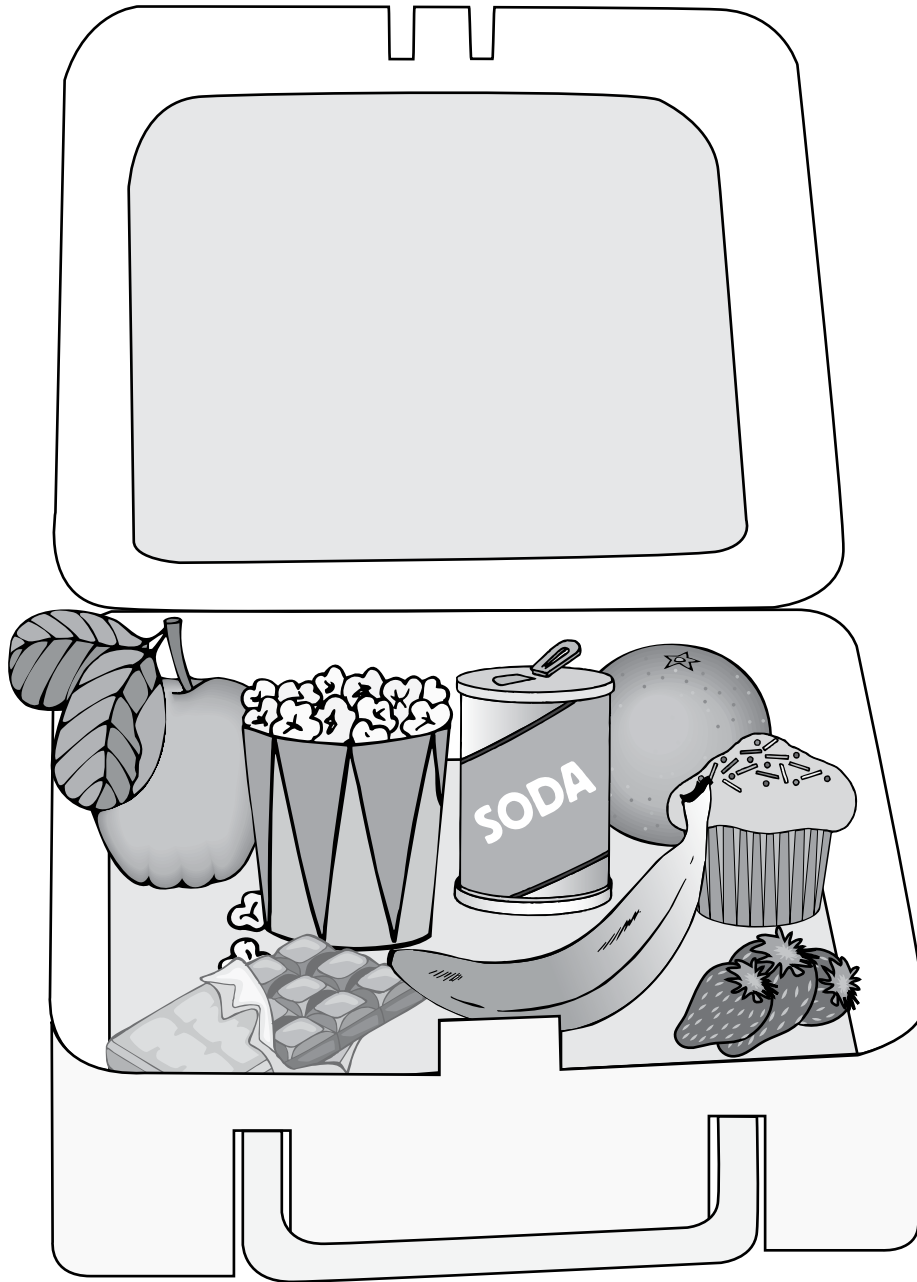
MEAT/FISH/BEANS/NUTS: _____

Now write in your favorite treat - Stars or no Stars!



Let's pack all-Star snacks.

Circle all the foods that have Guiding Stars®. If you're not sure, ask your Mom or Dad for help.



Learn more at
www.guidingstars.com



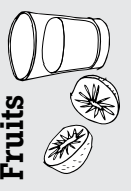



Answers: Apple, banana, orange,
popcorn, strawberries.

MyPyramid Worksheet

Name: _____

MyPyramid FOR KIDS

Check how you did yesterday and set a goal to aim for tomorrow

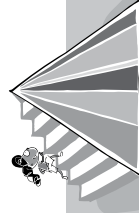
Write In Your Choices From Yesterday	Food and Activity	Tip	Goal (Based On a 1800 Calorie Pattern)	List Each Food Choice In Its Food Group*	Estimate Your Total
Breakfast: _____ _____ _____	Grains 	Make at least half your grains whole grains.	6 ounce equivalents (1 ounce equivalent is about 1 slice bread, 1 cup dry cereal, or 1/2 cup cooked rice, pasta, or cereal)		____ ounce equivalents
Lunch: _____ _____ _____	Vegetables 	Color your plate with all kinds of great tasting veggies.	2 1/2 cups (Choose from dark green, orange, starchy, dry beans and peas, or other veggies).		____ cups
Snack: _____ _____ _____	Fruits 	Make most choices fruit, not juice.	1 1/2 cups		____ cups
Dinner: _____ _____ _____	Milk 	Choose fat-free or lowfat most often.	3 cups (1 cup yogurt or 1 1/2 ounces cheese = 1 cup milk)		____ cups
Physical activity: _____ _____ _____	Meat and Beans 	Choose lean meat and chicken or turkey. Vary your choices—more fish, beans, peas, nuts, and seeds.	5 ounce equivalents (1 ounce equivalent is 1 ounce meat, chicken or turkey, or fish, 1 egg, 1 T. peanut butter, 1/2 ounce nuts, or 1/4 cup dry beans)		____ ounce equivalents
Physical activity: _____ _____ _____	Physical Activity 	Build more physical activity into your daily routine at home and school.	At least 60 minutes of moderate to vigorous activity a day or most days.		____ minutes

How did you do yesterday? Great So-So Not So Great

My food goal for tomorrow is: _____

My activity goal for tomorrow is: _____

* Some foods don't fit into any group. These "extras" may be mainly fat or sugar—limit your intake of these.

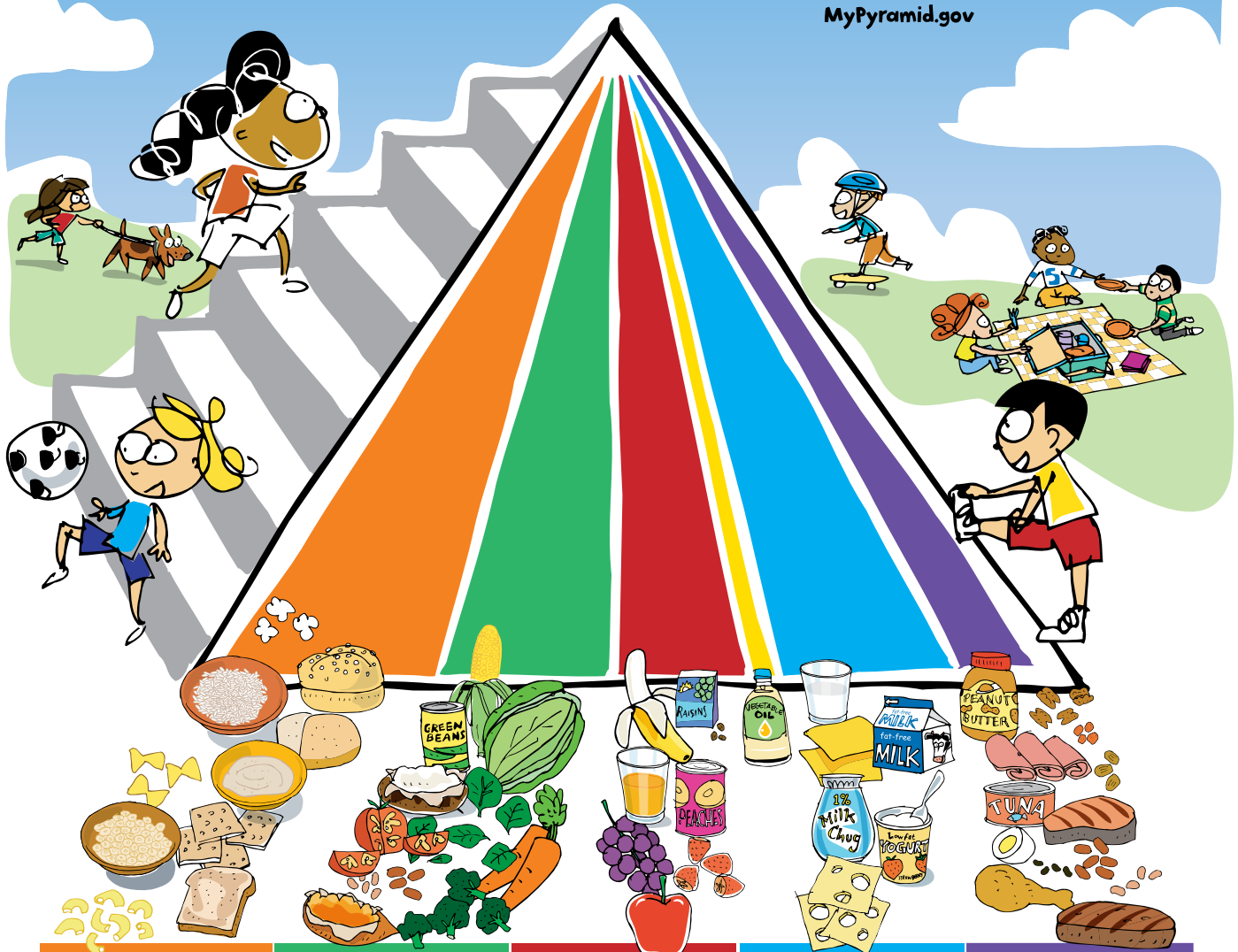


MyPyramid

For Kids

Eat Right. Exercise. Have Fun.

MyPyramid.gov



Grains

Make half your grains whole

Start smart with breakfast. Look for whole-grain cereals.

Just because bread is brown doesn't mean it's whole-grain. Search the ingredients list to make sure the first word is "whole" (like "whole wheat").

Vegetables

Vary your veggies

Color your plate with all kinds of great-tasting veggies.

What's green and orange and tastes good? Veggies! Go dark green with broccoli and spinach, or try orange ones like carrots and sweet potatoes.

Fruits

Focus on fruits

Fruits are nature's treats – sweet and delicious.

Go easy on juice and make sure it's 100%.

Milk

Get your calcium-rich foods

Move to the milk group to get your calcium. Calcium builds strong bones.

Look at the carton or container to make sure your milk, yogurt, or cheese is lowfat or fat-free.

Meat & Beans

Go lean with protein

Eat lean or lowfat meat, chicken, turkey, and fish. Ask for it baked, broiled, or grilled – not fried.

It's nutty, but true. Nuts, seeds, peas, and beans are all great sources of protein, too.

For an 1,800-calorie diet, you need the amounts below from each food group. To find the amounts that are right for you, go to MyPyramid.gov.

Eat 6 oz. every day;
at least half should be whole

Eat 2 1/2 cups every day

Eat 1 1/2 cups every day

Get 3 cups every day;
for kids ages 2 to 8, it's 2 cups

Eat 5 oz. every day



Oils

Oils are not a food group, but you need some for good health. Get your oils from fish, nuts, and liquid oils such as corn oil, soybean oil, and canola oil.

Find your balance between food and fun

- Move more. Aim for at least 60 minutes everyday, or most days.
- Walk, dance, bike, rollerblade – it all counts. How great is that!

Fats and sugars — know your limits

- Get your fat facts and sugar smarts from the Nutrition Facts label.
- Limit solid fats as well as foods that contain them.
- Choose food and beverages low in added sugars and other caloric sweeteners.