

I Pledge Allegiance to My Health

This pledge can be read daily at school or at home with your family to remind you of all the ways to take care of your body!



I pledge allegiance to my health,
to not compare myself to anyone else.
With fruits and vegetables I'll fill my tray
and get nice and sweaty every day.
I have only this body and this one heart
so today's the day I'm going to start
eating less chips and less sugary drinks
and before I eat I'm going to think!

Name

Avocado



Avocados grow on a tree.

Pinkerton Avocado

Nutrition Facts

Serving Size: ½ cup sliced avocado (73g)
 Calories 117 Calories from Fat 89

	% Daily Value
Total Fat 11g	16%
Saturated Fat 2g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 6g	2%
Dietary Fiber 5g	20%
Sugars 0g	
Protein 1g	

Vitamin A 2% Calcium 1%
 Vitamin C 12% Iron 2%

Other nutrients: Vitamin K (19%), Folate (15%), Potassium (10%), Vitamin B6 (10%), Riboflavin (6%), Niacin (6%), Vitamin E (5%), Magnesium (5%)

- A ½ cup of sliced avocado is an excellent source of fiber and unsaturated fat.
- Mature avocado trees grow to between 20 and 80 feet tall. If grown from a seed, the tree will produce fruit after five to 20 years.
- The avocado fruit does not ripen on the tree but will fall off and ripen on the ground. Commercial avocados are picked unripe and shipped to ripen on the store shelf.
- Almost half of American households purchase avocados. Consumers love the rich, creamy texture of the Hass avocado and growers favor it for its disease-resistance and year-round growing cycle.

■ A ½ cup of sliced avocado has _____ grams (g) of total fat and _____ grams (g) of saturated fat. Subtracting grams of saturated fat from grams of total fat gives you the amount of grams of unsaturated fat in avocados. Avocados have _____ grams (g) of unsaturated fat. Use the Glossary of Nutrients on the next page to define fat.



Hass Avocado

Avocado Salsa



- Write a four-line alliteration using adjectives describing the way avocados taste, look, sound, or feel.

THINK ■ PAIR ■ SHARE



Glossary of Nutrients



Calcium This mineral helps build strong bones and healthy teeth.

Carbohydrate Carbohydrates are a main nutrient found in food. Carbohydrates are the body's major source of energy.

Fat Fat helps a child's body grow and develop like it should. Fat gives the body energy and helps absorb some vitamins. There are different types of fat. Unsaturated fats may be good for your heart while eating trans fat or too much saturated fat may be unhealthy for your heart.

Fiber Fiber promotes good digestion and helps maintain a healthy heart. It also helps you feel full after a meal or snack.

Folate This B vitamin helps lower a woman's risk of having a child with certain birth defects.

Iron This mineral helps red blood cells carry oxygen to all the parts of your body.

Magnesium This mineral helps your body maintain a steady heartbeat and keeps your muscles and nerves working properly.

Phytochemicals Phytochemicals are naturally found in plants and may help prevent disease and promote good health. Different kinds of phytochemicals give fruits and vegetables their bright colors. Eat red, orange, green, white, and purple fruits and vegetables for better health.

Potassium This mineral helps your body maintain a healthy blood pressure and keeps your muscles and nerves working properly.

Protein Protein is found in many different types of food. Protein builds up, maintains, and replaces the tissues in the body. Muscles, organs, and the immune system are made up mostly of protein.

Riboflavin This B vitamin helps your body turn the food you eat into energy that your body can use. It also helps your body maintain healthy red blood cells.

Thiamin This B vitamin helps your body turn the food you eat into energy that your body can use. It also helps your body maintain a healthy heart, muscles, and nerves.

Vitamin A This vitamin helps your body maintain healthy eyes and skin.

Vitamin C This vitamin helps the body heal cuts and wounds and maintain healthy gums.

Vitamin E This vitamin helps maintain healthy cells throughout your body.

Vitamin K This vitamin helps certain cells in your blood act like glue and stick together at the surface of a cut.

Water Water makes up more than half of your body weight. Your body cannot survive for more than a few days without it. It helps your body work right.

Zinc This mineral is needed for healthy growth and development. It also helps your body maintain a healthy immune system, and helps your body heal from cuts and wounds.



How to Choose a Healthy Cereal

Don't be fooled by the front of a cereal box! Turn the box over and read the ingredient list.

■ Choose a healthy cereal in three steps:

1. Whole grains should be the first ingredient. The following are examples of whole grains: whole wheat, oats, rye, whole grain corn, oat bran, and wheat bran.
2. Look for cereals with no more than 7-8 grams of sugar per serving.
3. Look for cereals that contain at least 3-5 grams of fiber per serving.



■ Use the guidelines above to choose the healthier cereal.

Cereal A—Fruity Tooties

Nutrition Facts	
Serving Size: 1 cup (32g)	
Calories 128	Calories from Fat 14
% Daily Value	
Total Fat 2g	2%
Saturated Fat 0g	1%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Total Carbohydrate 28g	9%
Dietary Fiber 1g	4%
Sugars 14g	
Protein 1g	
Vitamin A 10%	Calcium 10%
Vitamin C 11%	Iron 25%
Source: www.nutritiondata.com	

Ingredients: Whole Grain Corn, Sugar, Corn Meal, Corn Syrup, Canola and/or Rice Bran Oil, Salt, Tricalcium Phosphate, Trisodium Phosphate, Red 40, Yellow 6, Blue 1 and Other Color Added, Natural and Artificial Flavor, Citric Acid, Malic Acid. BHT Added to Preserve Freshness

Cereal B—Toasted O's

Nutrition Facts	
Serving Size: 1 cup (28g)	
Calories 103	Calories from Fat 15
% Daily Value	
Total Fat 2g	3%
Saturated Fat 0g	1%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 186mg	8%
Total Carbohydrate 21g	7%
Dietary Fiber 3g	11%
Sugars 1g	
Protein 3g	
Vitamin A 16%	Calcium 11%
Vitamin C 11%	Iron 49%
Source: www.nutritiondata.com	

Ingredients: Whole Grain Oats (includes the oat bran), Modified Corn Starch, Sugar, Salt, Tripotassium Phosphate, Oat Fiber, Wheat Starch. Vitamin E (mixed tocopherols) added to preserve freshness.

■ Write “yes” or “no” to answer each of the questions in the table.

Cereal	Is the first ingredient a whole grain?	Does the cereal have 3 or more grams of fiber per serving?	Does the cereal have 8 grams or less of sugar per serving?
A			
B			

■ Which cereal is a more nutritious choice? Cereal A Cereal B

