

Girl Scouts shape UP!

This is your year! The year you shape UP! You'll feel better, look better and have lots more energy for fun. So get off the couch, toss the 32-ounce can of soda and give your mouse a break!

To earn the Girl Scouts "shape UP!" patch, do at least 30 minutes of activity three times a week for three months and all of the nutrition activities for your age group. We've included some charts to help you track your progress.

Part 1 - Get Movin!

Participate any way you want—in whatever activities you choose—by yourself, in a group, with your family or other adult. Just be active a minimum of 30 minutes three-four times a week for three months.

Ask your Girl Scout leader or advisor for help in planning a fun routine. Many councils have partnerships with parks and recreation departments, sports organizations, and with schools and colleges for instruction and facilities.

You can choose from the following list of sample activities, or think of an activity on your own. Leaders can also choose activities from *GirlSports* Basics for Daisies and Brownies or Fit & Fun for Juniors.

Active play(running with the dog, playing catch, tossing a Frisbee, jump rope etc)	Field Hockey	Snowboarding
Aerobics	Figure skating	Snowshoeing
Badminton	Gymnastics	Soccer
Basketball	Handball	Softball
Bike riding	Hiking/Backpacking	Swimming
Bowling	Horseback riding	Tae kwon do
Canoeing/Kayaking	Ice hockey	Tennis
Curling	Lacrosse	Track and field
Dancing	Rollerblading	Volleyball
	Rowing	Walking
	Sailing	Water skiing
	Skating	Weightlifting
	Skiing	

Activity Record

Part 11 – Eat Right!

It's up to you! When it comes to your health, it's the "power of choice!" You can live on pizza and fries or you can eat wisely – tasty meals with less fat, smaller portions and scrumptious new foods. Make healthy choices most of the time and you'll feel better, improve your physical condition and look fabulous. Please do all of the activities for your age group.

Daisy/Brownie Girl Scouts:

1. The right foods. To be healthy, everyone should eat fruits, vegetables, milk and foods made from milk every day. Use the following chart to keep track of what you eat and drink. Find out if there are other foods you should eat.

What Did You Eat and Drink Today?

	Vegetables	Fruit and Fruit Juices?	Milk and foods made from milk?
Morning			
Afternoon			
Evening			

2. How much should I eat? A good way to make sure that you don't eat too much is to learn how much food is the right amount for you. With help from your leader or family, find out what a portion size is. Do you eat too much? Can you do better tomorrow? Of course, sometimes you might be really hungry and want to eat more and that's all right. Just not all the time at every meal.

3. Strong bones, strong girls. Calcium helps you grow strong. Do you know which foods have calcium? Milk is one. Ice cream, broccoli, yogurt and cheese pizza are others. With the help of your leader or family plan a delicious snack that has calcium for a troop meeting. Share the recipe.

Junior Girl Scouts:

1. The food pyramid. The food pyramid tells you the five kinds of food you should eat each day based on your needs:

- vegetable group
- fruit group
- milk, yogurt and cheese group
- meat, poultry, fish and eggs group
- bread, cereal, pasta and rice group

Get a chart of the food pyramid and see how many servings of each food group you should try to eat every day. What can you do to include all of these foods? With your family, plan some simple menus that can easily cover all groups. Share them with your group.

2. **Serving sizes.** Serving sizes are measuring tools to help you estimate how much you eat. For example, a serving size of meat is about 3 ounces or the size of a deck of cards. A medium potato is about the size of a computer mouse. Read the food labels on packages and cans to find out how much a serving size is, then keep track of what you eat for an entire day. Are you overeating? Jot down what you can do to cut down on some of the serving sizes you eat. You don't need a scale; just use common sense. If you eat a steak the size of your dinner plate or three bowls of pasta, you ate too much!
3. **Snack time.** Got the munchies between meals? Create one or two smart snacks to share with friends. Smart snacks will be lower in fat and calories, but high in taste, like fruit and yogurt mix, string cheese, or a frozen juice bar.
4. **Fast food?** If you eat too fast, you may eat too much and get stuffed. It takes your stomach about 15-20 minutes to talk to your brain and let it know that it's full. Try this: plan a family meal with "regular" portions of food and try to eat more slowly (can you all share the day's events between bites?). Wait a while to see if you're still hungry before eating more.

Girls 11-17

1. **The 5/20 rule.** Sometimes it's hard to eat smart when you have so many foods from which to choose. Learn to read food labels and check "daily value" percent, the number that allows you to know whether there's a lot or a little of a particular nutrient. For nutrients you want less of (such as saturated fat, cholesterol, and total fat), choose foods with a low percent DV (five percent is low; 20 percent is high). For nutrients you want to eat more of (such as calcium, fiber, vitamins A and C, iron), choose foods with a high percent DV. Look at the daily value percent of three items that you eat often. Are you getting the right amount of nutrients in these foods? Can you substitute something else that might be more nutritious?
2. **Fast food madness.** How many calories do you think are in a huge burger with lettuce, tomato and fries, a 16-ounce can of soda and some yummy fried apple pie. This fast food meal actually has more than 1300 calories (about 50 percent of the food energy you need for the day), almost 100 percent of the fat you should eat daily, only 14 percent of the calcium you need and hardly any fruits or veggies. What can you do to make this a healthier meal? Look at three of your

favorite fast food meals and see how you can reduce the calories and fat and add calcium, fruits and vegetables.

3. **Treat your taste buds.** Sample some international foods at a local restaurant, group meeting or special event. Perhaps your friends might have some traditional ethnic foods they would like to share at a special event.
4. **Calcium counts.** It's no secret. Calcium and Vitamin D build strong bones. Find out how much you need each day. Then find several tasty foods that can help you reach your goal.

A few words about Vitamin D: Vitamin D plays a major role in helping your body absorb calcium. Vitamin D is manufactured in the skin following direct exposure to sunlight. Usually **10-15** minutes exposure of hands, arms and face two to three to three times a week (depending on one's skin sensitivity) is enough to satisfy the body's vitamin D requirement. But don't stay out in the sun too long and never try to get a tan. Too much direct sunlight without protective wear and sunscreen can be dangerous. Other sources of Vitamin D are found in foods such as vitamin D-fortified dairy products, egg yolks, saltwater fish and liver.

Soy milk is a rich, creamy "milk" made by pressing the liquid from ground soybeans. It is lactose- and casein-free. Soy milk is available in regular and low-fat varieties, and some brands are fortified with calcium, vitamin D and/or vitamin B-12. If you are substituting soy milk for dairy milk in your diet, it is a good idea to choose one that is fortified with calcium and vitamin D. Several flavors of soy milk are also available.

5. **In the mood for food?** Do you eat when you're stressed? bored? lonely? angry? Do you nibble when you watch TV? do homework? Want to reward yourself? Go out with friends? If you eat when you're not really hungry, you can eat too much. Jot down three things you can do instead of reaching for food when you're not really hungry.

It's your choice! Use this chart to help you enjoy healthy – and tasty meals and snacks.

My goals	I CAN DO MORE	I DO ENOUGH	I CAN DO LESS
Make smarter food choices			
Pay attention to how much I eat			
Use food labels			

Choose foods with
less fat

Make smarter beverage
choices

Make smarter snack
choices

Avoid the urge to eat
too much

Try new foods

* Many of these activities were adapted from “The Power of Choice,” a publication of the United States Department of Agriculture, Food and Nutrition Service and the US Department of Health and Human Services Food and Drug Administration. For more activities or the complete guide, visit:

http://www.fns.usda.gov/tn/Resources/power_of_choice.html