

Healthy Foods and Physical Activity Guidance

Penn State Extension supports and promotes positive employee health behaviors.

Since healthy lifestyles are greatly affected by food choices and physical activity;

Penn State Extension administration encourages that all activities, staff and volunteer meetings, events, and training – sponsored or supported by this organization – will include opportunities for healthy foods and beverages by:

- **Serving one or more of these healthful items in the right portions:** Fruits and vegetables – 1 cup fresh, ½ cup frozen or canned fruits and vegetables; ¼ cup dried fruits; ½ cup 100% fruit juices.

Fat-free and low fat dairy products – such as 1 cup fat-free (skim) or low fat (1%) milk (also lactose-free); 1 cup fat-free or low fat yogurt; 1 ounce low fat cheese; 1 tbsp. light cream; and 1 cup calcium fortified soy beverages.

Whole grains - such as 4-6 low fat whole wheat crackers, 1 slice whole wheat bread, 1 whole wheat tortilla, ½ cup whole wheat pasta, and ½ cup brown rice; ¾ -1 cup whole-grain ready-to-eat cereal and oatmeal; 1 cup low-fat popcorn and 1 ounce (about 13 chips) baked tortilla chips.

Lean and low fat protein foods – such as lean and low fat meat, poultry, eggs, seafood, beans and peas, processed soy products, nuts, and seeds.

Water instead of soda or other sugary drinks.

Choose foods low in saturated fats, trans fats, cholesterol, salt (sodium) and added sugars.

- **Identifying healthy eating opportunities:** Including identification of restaurants, caterers and other vendors where healthy food choices are readily available.
- **Providing encouragement from group leadership to enjoy healthy foods:** Including promotion of healthy lifestyles; and modeling of healthy food choices by employees and group leaders.
- **Providing opportunities for physical activity and movement:** During breaks or included in meeting time.
- **Offering healthy options for organization food sales and fundraisers:** Including citrus and other fruit, nuts, popcorn instead of candy and cookies.

Source: <http://www.choosemyplate.gov/food-groups/>