USDA Introduces MyPyramid
In 2005, USDA introduced MyPyramid which replaces the Food Guide Pyramid. An excellent web site with resources for families, kids, and teachers has been created. The address is www.mypyramid.gov. Information related to MyPyramid will be shared in the Get Up and Move! Leader Activity Guide over the next few months. A mini poster for each member may be downloaded at www.mypyramid.gov/downloads/MiniPoster.pdf or at http://teamnutrition.usda.gov/resources/mpk_tips.pdf.

MyPyramid contains six vertical stripes in various colors. The orange stripe represents Grains. With the fall harvest wrapping up, it is fitting that the background information this month focuses on Grains. Any food made from wheat, rice, oats, cornmeal, barley, or other cereal grain is a grain product. Grains are divided into two sub groups – whole grains and refined grains. Whole grains contain the entire grain kernel – the bran, germ, and endosperm. (See below) Refined grains have been milled in a process that removes the bran and germ. This is done to give grains a finer texture and to improve their shelf life, but dietary fiber, iron, and B vitamins are removed. Many refined grains are enriched – or have the B vitamins and iron added back. USDA recommends that Americans eat at least 3 ounces of whole grain products each day. Look for “whole” before the grain name on the list of ingredients or for the Whole Grain Stamp.

The Whole Grains Council has several excellent educational resources on their website at www.wholegrainscouncil.org/resources/PDFs-from-the-Whole-Grains-Council. “What is a Whole Grain?” contains a graphic of a whole grain, showing the bran, germ, and endosperm along with the definition of a whole grain. Getting Enough Whole Grain provides pictures of whole grain foods and lists serving sizes. The final resource, Count Servings with the Stamp, explains the whole grain stamp now found on food labels.

Club Roll Call
A roll call suggestion for this month is for each youth to name their favorite breakfast cereal and then indicate whether it is a healthy or less healthy choice.

Physical Activity Calendars
Collect the October Physical Activity Calendars from each participant. Record each individual’s total number of activity minutes on the Get Up and Move! Club Chart. Be sure that the members accurately record their number of minutes.

Have a short discussion to review the Physical Activity Pyramid and reflect on their activity for the past month. Have each individual look closely at his or her calendar to see how his/her activity matches the advice from the Physical Activity Pyramid.
Reflection Questions:
Did you get at least 30 minutes of moderate activity each day?
Did you get at least 15 minutes of more intense activity, 3 times a week?
Did you increase your number of minutes of physical activity from September to October?
Now that the weather is getting cooler, what types of physical activity can you do inside your home?

November Physical Activity Calendars are now on the web site at www.4-h.uiuc.edu/opps/move. Please download these and make copies for your members (and leaders). Please be sure to use the Get Up and Move! Club Chart each month to record the individual tallies.

Educational Activity
Tying to our theme of Grains, two activities included in the Get Up and Move! Physical Activity Guide for November are “Upset the Bread Basket” and “The Great Grain Race.” Each activity takes 10 to 15 minutes and can be used for the club/group recreation time or as a part of the club/group program for the month. Remember, although USDA recommends at least 60 minutes of physical activity per day, it can be done in smaller increments. Be sure to count the minutes gained from this activity.

Recipes/Snacks
The recipe/snack for November is Oatmeal Craisin Cookies. These could be prepared as the refreshments for the November meeting and the recipe shared with families to take home. This might be a healthy addition to their holiday cookie selection. The club/group could also make these to share with seniors or other shut-ins during the holiday season. Popcorn is a nutritious whole grain snack that could be substituted for the cookies.

Ties to 4-H Projects
For members enrolled in the Breads and Cereals Project, they may want to download the materials from the Whole Grains Council mentioned above and provide the background information and handouts to club/group members. They may also want to bring in products that have examples of the various whole grain stamps on them. Some pictures of products are also on the web site. Discussion of the different types/levels of stamps would be helpful.

Get Up and Move!

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11/05
Get Up & Move!

Oatmeal Craisin Cookies

Ingredients:
1 cup butter or margarine, softened
1 cup brown sugar, packed
1 cup white sugar
2 eggs
1 teaspoon vanilla extract
2 cups quick cooking oats
2 cups flour
1 teaspoon baking soda
1 teaspoon baking powder
1 teaspoon salt
1 cup raisins
1 cup craisins (dried cranberries)

Directions:
Beat butter, sugars, eggs and vanilla for 5 minutes.
In another bowl combine oats, flour baking soda, baking powder and salt.
Add to butter mixture 1 cup at a time.
Mix in raisins and craisins.
Drop by spoonfuls onto greased cookie sheets.
Bake for 12-14 minutes at 350°F.

Makes four dozen cookies.

Nutrition information per cookie:
110 calories, 2.5 g fat, 15 mg cholesterol, 115 mg sodium,
20 g carbohydrate, 1 g sugar.

Nutrition Facts

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<tr>
<td>Servings Per Container</td>
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<table>
<thead>
<tr>
<th>Amount Per Serving</th>
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<tbody>
<tr>
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<tr>
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<tr>
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Protein 1g

Vitamin A 2% • Vitamin C 0%
Calcium 2% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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<td>Sodium</td>
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<td>Dietary Fiber</td>
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Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4