

# SCOUTStrong™ PALA Healthy Eating Goals



## I will make half my plate fruits and vegetables.

All forms count—fresh, frozen, canned (fruit in water or 100 percent juice), dried, or 100 percent juice.



**At least half of the grains I consume will be whole grains.** Switch from a refined grain food to a whole-grain food that lists a whole-grain ingredient first. Examples include whole wheat, brown rice, oatmeal, or wild rice.



**I will choose fat-free or low-fat (1 percent) milk, yogurt, or cheese.** Dairy products should be a key part of your diet because they provide calcium, vitamin D, and many other nutrients your bones need.



**I will drink water instead of sugary drinks.** Regular soda and other sweet drinks, such as fruit drinks and energy drinks, have a lot of added sugar. Add a slice of lemon, lime, or a splash of 100 percent juice to your glass of water if you want some flavor.



**I will choose lean sources of protein.** Select leaner cuts of beef, turkey breast, or chicken breast. Grill, roast, or boil meat, poultry, or seafood instead of frying. Also include beans or peas in main dishes, like chili or a casserole.



**I will compare sodium in foods like soup and frozen meals and choose foods with less sodium.** Look for “low sodium,” “reduced sodium,” and “no salt added” on food packages.



**I will eat seafood this week.** Seafood has protein, minerals, and heart healthy omega-3 fatty acids. Adults should try to eat at least 8 ounces a week, with children eating smaller portions.



**I will pay attention to portion size.** At home, become familiar with recommended portion sizes in the plates and glasses you use. When dining out, avoid “supersizing” your meal. Instead, choose small size items or request a “to go” box for half of your meal before you start to eat.

## SCOUTStrong™ PALA Recommended Activity List and Pedometer Requirements

- |                         |                      |                      |                    |                         |                      |
|-------------------------|----------------------|----------------------|--------------------|-------------------------|----------------------|
| • Aerobics              | • Baton Twirling     | • Tai Chi            | • Trap & Skeet     | • Water Aerobics        | • Sledding           |
| • Foot Bag              | • Gymnastics         | • Calisthenics       | • Cheerleading     | • Cross-Country Skiing  | • Whitewater Rafting |
| • Nintendo Wii (Sports) | • Pilates            | • Home Repair        | • Hunting          | • Lacrosse              | • Downhill Skiing    |
| • Snowshoeing           | • Stretching         | • Rope Jumping       | • Running          | • Skating               | • Martial Arts       |
| • Archery               | • Bicycling          | • Tennis             | • Unicycling       | • Water Jogging         | • Snorkeling         |
| • Football              | • Handball           | • Canoeing           | • Children's Games | • Curling               | • Wrestling          |
| • Nordic Walking        | • Polo               | • Horseback Riding   | • Inline Skating   | • Lawn Bowling          | • Fencing            |
| • Soccer                | • Surfing            | • Rowing             | • Sailing          | • Ski Jumping           | • Motocross          |
| • Badminton             | • Billiards          | • Track & Field      | • Volleyball       | • Water Polo            | • Snow Shoveling     |
| • Frisbee               | • Hang Gliding       | • Cardio Machines    | • Circuit Training | • Dancing               | • Yoga               |
| • Orienteering          | • Racquetball        | • Horseshoe Pitching | • Jai Alai         | • Lawn Mowing/Gardening | • Field Hockey       |
| • Softball              | • Swimming           | • Rowing Machine     | • Scuba Diving     | • Skimobiling           | • Mountain Biking    |
| • Baseball              | • Bowling            | • Cardio Tennis      | • Walking          | • Water Skiing          | • Snowboarding       |
| • Gardening             | • Hiking/Backpacking | • Household Tasks    | • Cricket          | • Darts                 | • Fishing            |
| • Paddleball            | • Rock Climbing      | • Rugby              | • Juggling         | • Lifting/Hauling       | • Mountain Climbing  |
| • Squash                | • Table Tennis       |                      | • Shuffleboard     | • Skydiving             | • Snowmobiling       |
| • Basketball            | • Boxing/Kickboxing  |                      | • Wallyball        | • Weight Training       |                      |
| • Golf                  | • Hockey             |                      | • Croquet          | • Diving                |                      |
| • Pedometer             | • Roller Skating     |                      | • Kayaking         | • Marching              |                      |
| • Stationary Bike       |                      |                      | • Skateboarding    |                         |                      |

### SCOUTStrong™ PALA Pedometer Requirements

| Age                    | Steps                       |
|------------------------|-----------------------------|
| Girls (Ages 6-17)      | At least 11,000 steps a day |
| Boys (Ages 6-17)       | At least 13,000 steps a day |
| Adults (Ages 18-older) | At least 8,500 steps a day  |