United States

MyPyramid Pockets  
Serves 1  (serving size: 1 small pita)

1 serving provides 1 oz. Grains, 1/2 cup Milk, 1/2 oz. Meat & Beans groups

Ingredients
- Whole-wheat pita bread  
  (1 small or 1/2 large pocket for each participant)  
- 1/2 cup spinach leaves, washed, dried  
- 1 teaspoon shredded carrots  
- 3 apple chunks  
- 1 slice cheese  
- 1 slice turkey  
- 1/2 teaspoon low-fat mayonnaise mixed with cranberry sauce

Directions
Have each youth create their own pita sandwich that includes all the food groups.

Nutrition Facts
Serving Size 1 small pita (126g)  
Serving Per Container 1

| Amount Per Serving | Calories 190 | Calories from Fat 40%
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>% Daily Value*</td>
<td></td>
</tr>
<tr>
<td>Total Fat 4.5g</td>
<td>7%</td>
<td></td>
</tr>
<tr>
<td>Saturated Fat 1g</td>
<td>6%</td>
<td></td>
</tr>
<tr>
<td>Trans Fat 0g</td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td>Cholesterol 25mg</td>
<td>8%</td>
<td></td>
</tr>
<tr>
<td>Sodium 800mg</td>
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<td></td>
</tr>
<tr>
<td>Total Carbohydrate 22g</td>
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<td></td>
</tr>
<tr>
<td>Dietary Fiber 3g</td>
<td>12%</td>
<td></td>
</tr>
<tr>
<td>Sugars 2g</td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td>Protein 18g</td>
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</table>

Vitamin A 50%  •  Vitamin C 15%
Calcium 30%  •  Iron 10%

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

Calories 2,000  •  2,500

Total Fat  Less Than 65g  •  Less Than 20g
Saturated Fat  Less Than 20g  •  Less Than 20g
Cholesterol  Less Than 300mg  •  Less Than 300mg
Sodium  Less Than 2,400mg  •  Less Than 2,400mg
Total Carbohydrate 300g  •  375g
Dietary Fiber 25g  •  30g
Calories per gram:  Fat 9  •  Carbohydrate 4  •  Protein 4

NO-OVEN RECIPE

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United States

MyPyramid Trail Mix  Serves 2  (serving size ½ cup)

Ingredients
- ¼ cup mini pretzels
- ¼ cup popcorn
- 1 teaspoon cranberries
- 1 teaspoon nuts
- 1 teaspoon soy nuts
- ¼ cup whole-grain fish-shaped cheese crackers
- ¼ cup whole-grain cereal
- ¼ cup apple chips
- 1 teaspoon yogurt-covered raisins
- 1 stick meat jerky, cut into ½-inch pieces
- 2 snack-size self-closing plastic bags

Directions
1. Set up food group stations.
2. Youth should put a spoonful of each food into their plastic bag while taking turns at each station.
3. Close the bag up and shake.
4. Serve with 100% fruit juice.

Nutrition Facts
Serving Size ½ cup (65g)
Servings Per Container 2

<table>
<thead>
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<th>Amount Per Serving</th>
<th>Calories 250</th>
<th>Calories from Fat 50</th>
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<tbody>
<tr>
<td>% Daily Value*</td>
<td>Total Fat 10g</td>
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<td>Saturated Fat 1g</td>
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<td></td>
<td>Trans Fat 0g</td>
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<tr>
<td></td>
<td>Cholesterol 0mg</td>
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<tr>
<td></td>
<td>Sodium 180mg</td>
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<tr>
<td></td>
<td>Total Carbohydrate 35g</td>
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<tr>
<td></td>
<td>Dietary Fiber 5g</td>
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<tr>
<td></td>
<td>Sugars 20g</td>
<td></td>
</tr>
<tr>
<td>Protein 6g</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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