

United States

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

1 serving provides 1 oz. Grains, ½ cup Milk, ½ oz. Meat & Beans groups

Ingredients

- Whole-wheat pita bread (1 small or ½ large pocket for each participant)
- ¼ cup spinach leaves, washed, dried
- 1 teaspoon shredded carrots
- 3 apple chunks
- 1 slice cheese
- 1 slice turkey
- ½ teaspoon low-fat mayonnaise mixed with cranberry sauce

Directions

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

NO-OVEN RECIPE

Nutrition Facts

Serving Size 1 small pita (126g)
Servings Per Container 1

Amount Per Serving

Calories 190 **Calories from Fat** 40

% Daily Value*

Total Fat 4.5g **7%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 25mg **8%**

Sodium 600mg **25%**

Total Carbohydrate 22g **7%**

Dietary Fiber 3g **12%**

Sugars 2g

Protein 18g

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	80g	
Saturated Fat	Less Than	20g	25g	
Cholesterol	Less Than	300mg	300 mg	
Sodium	Less Than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

4-H Afterschool Food, Culture, & Reading - www.4-H.org/curriculum/fcr



United States

MyPyramid Trail Mix

Serves 2 (serving size 1/2 cup)

1 serving provides 1 oz. Grains group

Ingredients

- 1/4 cup mini pretzels
- 1/4 cup popcorn
- 1 teaspoon cranberries
- 1 teaspoon nuts
- 1 teaspoon soy nuts
- 1/4 cup whole-grain fish-shaped cheese crackers
- 1/4 cup whole-grain cereal
- 1/4 cup apple chips
- 1 teaspoon yogurt-covered raisins
- 1 stick meat jerky, cut into 1/2-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.

NO-OVEN RECIPE

Nutrition Facts

Serving Size 1/2 cup (65g)
Servings Per Container 2

Amount Per Serving

Calories 250 Calories from Fat 90

% Daily Value*

Total Fat 10g 15%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 180mg 8%

Total Carbohydrate 39g 13%

Dietary Fiber 5g 20%

Sugars 20g

Protein 6g

Vitamin A 0% • Vitamin C 2%

Calcium 6% • 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:

		Calories	2,000	2,500
Total Fat	Less Than	65g	80g	
Saturated Fat	Less Than	20g	25g	
Cholesterol	Less Than	300mg	300 mg	
Sodium	Less Than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

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