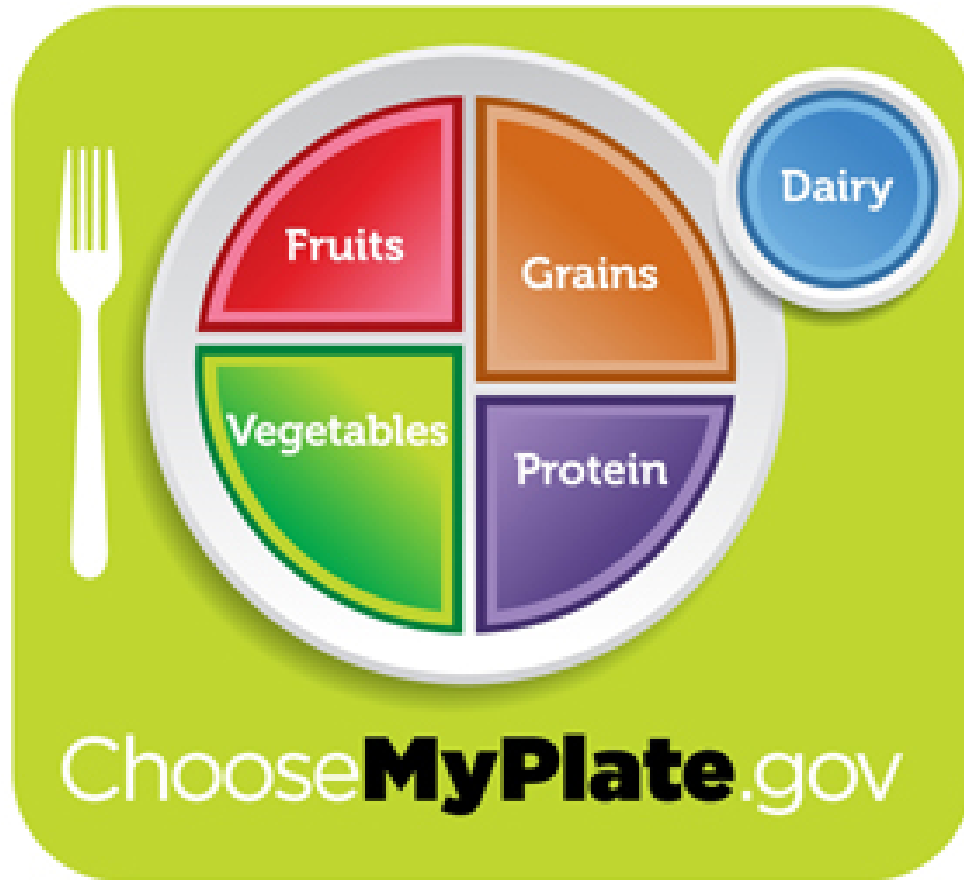
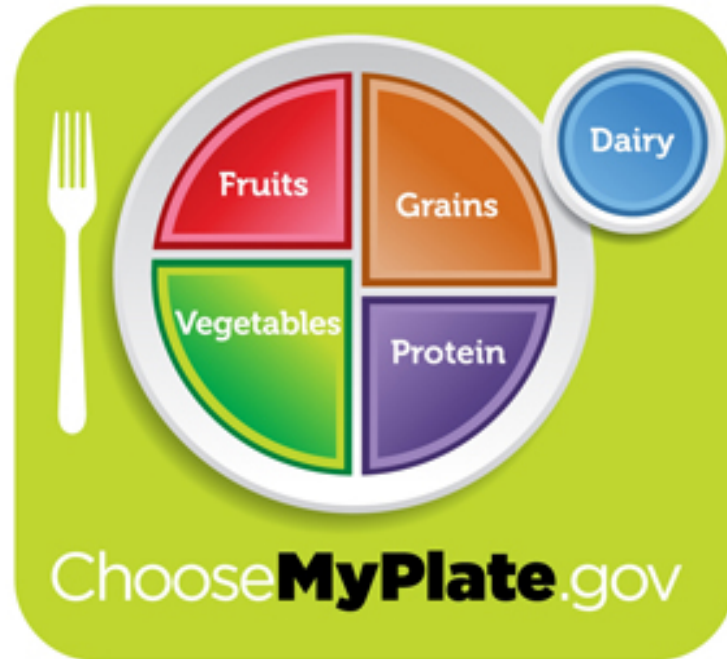


# Healthy Eating



# The 5 Basic Food Groups

- Grains
- Vegetables
- Fruit
- Dairy
- Protein



# Grains = ½ whole + ½ refined



Whole Grains are better than refined grains.

In addition to the carbohydrates and folate contained in refined grains, whole grains offer fiber, vitamins, minerals, and antioxidants.

# Vegetables: Mix it up!

Dark Green Veggies



Red & Orange Veggies



Starchy Veggies



Other



# Fruits – Juiced, Dried, or Fresh



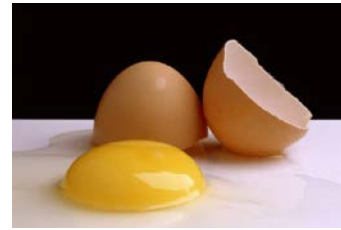
le / Chris Stewart



Dairy- Choose skim or 1%



# Protein



## Meats



## Beans



## Nuts & Seeds



## Seafood



# 10 tips to a great plate

## 1. Balance calories

- Figure out how many calories you need in a day. For weight loss you must burn more calories than you eat.
- Go to [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov) to find your calorie level.

# 10 tips to a great plate

## 2. Enjoy your food, but eat less.

- Try to slow down when you are eating.
- Enjoy each bite.
- You may realize you are full before you are finished eating.
- Listen to your body.

# 10 tips to a great plate

## 3. Avoid Oversized Portions.

- Use smaller plates, bowls, and glasses.
- When eating out share dishes or put half your food in a take out container before you start eating.

# 10 tips to a great plate

## 4. Foods to eat more often

- Vegetables
- Fruits
- Whole grains
- Fat-free or 1 % dairy.

# 10 tips to a great plate

5. Half of your plate is Fruits and Vegetables!



# 10 tips to a great plate

## 6. Switch to fat-free or low-fat milk

- Same amount of calcium and nutrients but less saturated fat!

# 10 tips to a great plate

## 7. Make at least half of your grains, whole grains!

**Whole Grains (contain the entire grain kernel – bran, germ, and endosperm)**

**Examples include:**

**Whole-wheat flour**

**Oatmeal**

**Brown Rice**

**Whole Cornmeal**

**Refined Grains (milled to remove bran and germ, which removes fiber, iron and B vitamins):**

**Examples Include:**

**White Flour**

**White Bread**

**White Rice**

**Grits**

# 10 tips to a great plate

## 8. Foods to eat less often

- Foods high in solid fats, sugars, and salt

Cake

Ribs

Cookies

Sausages

Ice cream

Hot dogs

Candies

Sweetened beverages

Pizza

Bacon

# 10 tips to a great plate

## 9. Choose low sodium foods

- Frozen and pre-prepared foods are often very high in sodium
- Stick to fresh items if possible.
- Choose low or no sodium options whenever they are available.

# 10 tips to a great plate

## 10. Drink water, Not Soda!

- Soda Pop contains lots of calories and sugar with no nutrients.

