Basic Tips for Healthy Eating

Check off the tips that will work best for you and your family:

☐ Eat breakfast every day and do not skip meals. Skipping meals may lead to extreme hunger, over-eating, and poor food choices.

☐ Include at least 1 fruit or vegetable at every snack and meal.

☐ Drink nonfat or 1% milk with meals and water with snacks. Avoid sugar-sweetened drinks including fruit juices, fruit punch, sports drinks, energy drinks, and sodas.

☐ Choose one place in the house for eating, such as the kitchen table.

☐ Never eat straight from the bag or box! Serve a small helping in a small bowl or plate to help reduce portion sizes, especially for snack foods.

☐ Reduce fast food and restaurant meals.
  o Goal per month: ________________

☐ Do not keep problem foods around the house (a problem food is one that you are likely to eat too much of or too often if it is available).
  o Foods to keep out of the house: ______________________

☐ Keep healthy snacks readily available so that you can grab and go.
  o Healthy snacks: _______________________________

☐ Plan ahead for meals and snacks. Cook large meals on the weekends and keep leftovers in the refrigerator or freezer to use for quick meals during the week.

☐ At restaurants, share your meal or take half home. Restaurant portions are usually much too big, especially for kids!
Plate Model for Meal Planning

1 serving unsweetened milk

1 serving fruit

½ Plate: Non-starchy vegetables

Examples: Salad, green beans, tomatoes, carrots, broccoli, asparagus, bell pepper, mushrooms, spinach

1/4 Plate: Protein

Examples: lean chicken (no skin), turkey, beef, fish, beans, lentils, eggs, tofu

1/4 Plate: Starch

Examples: whole wheat bread, pasta, rice, bagels, tortillas, pita bread, cereal, waffles, pancakes, potatoes, corn, peas

Check List for Your Meal:

☐ 1 serving starch (½ cup)

☐ 8 ounces nonfat or 1% milk or milk substitute

☐ 1 serving lean protein (2-3 oz.)

☐ 1 serving fruit (the size of a tennis ball or 4 oz.)

☐ Non-starchy vegetables