

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!

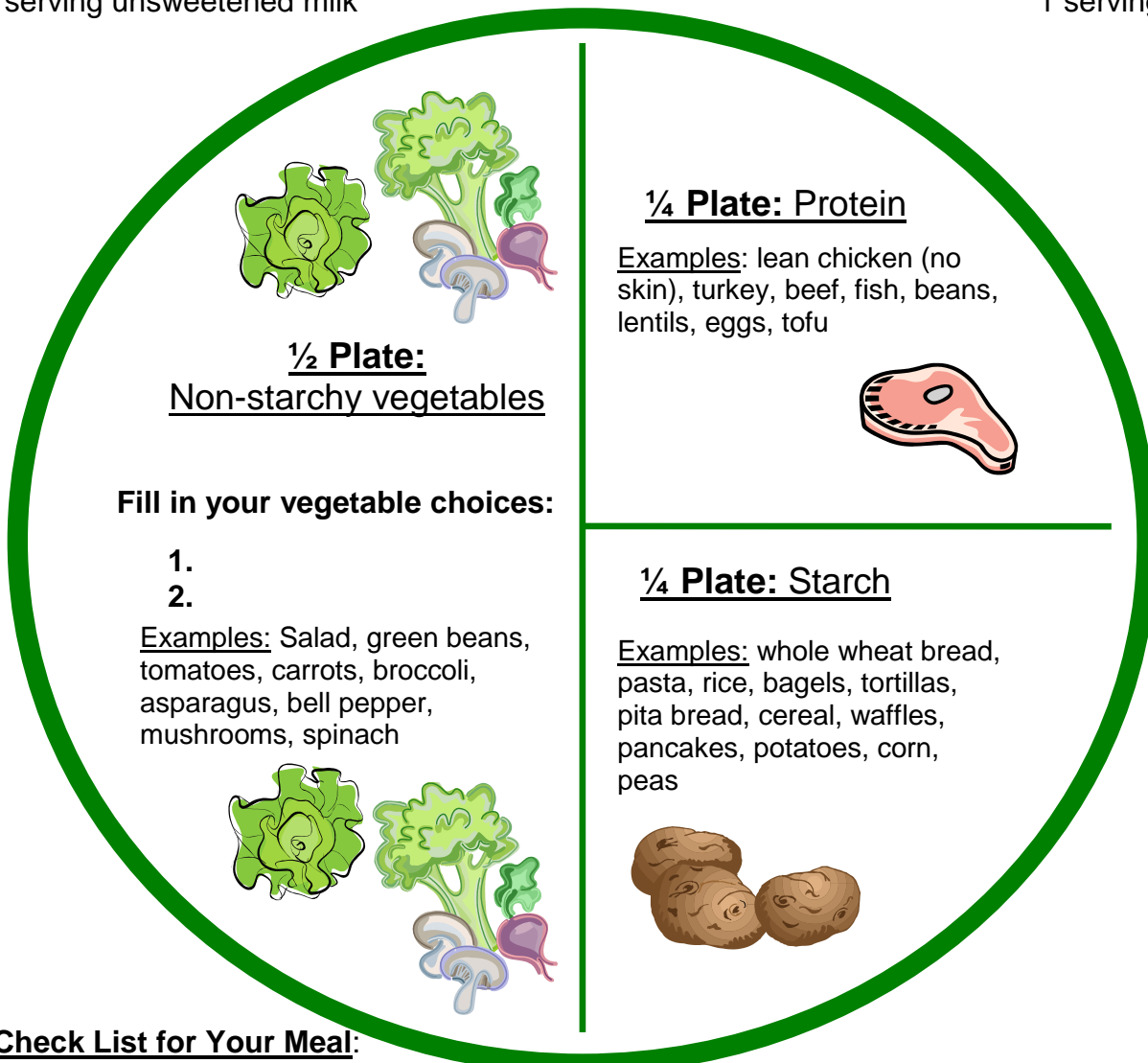
Plate Model for Meal Planning



1 serving unsweetened milk



1 serving fruit



Check List for Your Meal:

- 1 serving starch (1/2 cup)
- 1 serving lean protein (2-3 oz.)
- Non-starchy vegetables
- 8 ounces nonfat or 1% milk or milk substitute
- 1 serving fruit (the size of a tennis ball or 4 oz.)