

# Simple Tips for Healthier Eating

## Use the Food Guide to help plan meals and weekly shopping list

### TRY TO HAVE 3 OUT OF 4 OF THE FOOD GROUPS AT YOUR MEALS

#### Lunch

Yogurt (Milk and Alternatives)  
Chicken Sandwich (Grain Products / Meat and Alternatives)  
Carrot Sticks (Fruits and Vegetables)

### CHOOSE AT LEAST 2 FOODS FROM EACH OF THE FOOD GROUPS ON YOUR GROCERY LIST, AND TRY TO CHANGE SOMETHING EVERY WEEK.

Grain Products – Bread and Rice  
Milk and Alternatives – Milk and Yogurt  
Fruits and Vegetables – Apples and Carrots  
Meat and Alternatives – Hamburger and Chicken

## Eat meals as a family

When families eat together, children make better food choices, stay at a healthier weight and have a more positive body image.

## Plan meals and snacks ahead of time. This will help you make your shopping list too!

### SERVE BREAKFAST DAILY

- Whole grain cereal, milk, banana
- Whole wheat toast, scrambled egg, orange
- Whole grain bagel, peanut butter, apple
- Plain oatmeal, yogurt, mixed fruit
- Whole grain tortilla with beans and cheese
- Fruit and yogurt smoothie and a bran muffin

### PACKED LUNCH

- Last night's leftovers packed in a thermos
- Pasta, rice or barley salad with vegetables
- Pizza bagels with cheese and vegetables
- Homemade soup and whole grain bread or roll
- Stew or chili

### SNACKS

- Fruit with yogurt dip
- Sliced vegetables with dressing
- Whole grain crackers and cheese
- Half a sandwich and milk

Limit deli meats, soda, fruit drinks, cookies and chips

## Children may eat more or less, depending on when they are growing

- Offer regular meals and snacks so children aren't hungry
- Don't force children to eat everything on their plate. Let them eat based on their hunger and fullness rather than set portions.
- Don't label foods as good and bad or use as a reward. Offer "treat" foods in small amounts with healthy foods.
- No electronics during mealtimes.

## Stay fit with fun Activities

- Plan Activity times daily
- Walking, biking, playing ball, Frisbee, swimming, and sports