



### HEALTHY EATING TIPS

- Think of snacks as mini-meals that give you the nutrition you need – not just something to fill your stomach.
- Snack only when you're hungry. Don't eat when you are bored, frustrated or stressed. Instead, go for a walk, bike ride, or go outside and play ball.
- Watch how much you eat. Have a single-serving container or put the food on a small plate or in a small bowl. Eating directly from the package can lead to overeating.
- Plan small snacks ahead of time. Keep nutritious ready-to-eat foods on hand, such as an apple or whole-grain crackers and low-fat cheese.
- When you go to restaurants, think ahead and plan what you will eat. Take time to look at the menu and make a careful selection. You can ask the restaurant to make simple changes, like no mayonnaise or switching fries for a small salad.
- Eat your lower-calorie food first – salad, vegetables, or fruits. Before you get seconds, wait a few minutes to see if you are really still hungry.



## WHAT SHOULD I EAT *every day?*



## GRAINS

### 5-7 oz =

All foods made from wheat, rice, oats, cornmeal, barley, such as bread, pasta, oatmeal, breakfast cereals, tortillas, and grits.

1 slice of bread

1 cup of ready-to-eat cereal

1/2 cup of cooked rice, pasta, or cooked cereal can be considered as 1 ounce equivalent from the grains group. At least half of all grains consumed should be whole grains.

## FRUITS

### 1 1/2 - 2 cups =

1 whole fruit (like a banana, apple or orange)

1 cup of chopped or small fruit (such as grapes, berries or diced melon)

1 cup of 100% fruit juice (limit to one/day)

1/2 cup of dried fruit (such as raisins)

## VEGGIES

### 2-3 cups =

1 cup of raw or cooked vegetables

1 cup of vegetable juice

2 cups of raw leafy greens (such as fresh spinach, kale or lettuce) counts as a 1 cup serving

## MILK

### 3 cups =

All should be fat-free or low fat

1 cup milk

1 cup yogurt

1 1/2 oz natural cheese (about the size of a domino or dice)

## MEAT & BEANS

### 5-6 servings =

1 ounce of lean meat, poultry, or fish

1 egg

1 Tbsp. peanut butter

1/4 cup cooked dry beans

1/2 ounce of nuts or seeds

## OILS

### 5-6 tsp =

Oils include fats from many different plants and from fish that are liquid at room temperature, such as canola, corn, olive, soybean, and sunflower oil. Some foods are naturally high in oils, like nuts, olives, some fish, and avocados. Foods that are mainly oil include mayonnaise, certain salad dressings, and soft margarine.

## SAMPLE SNACK IDEAS

- One tablespoon of peanut butter spread on slices of an apple
- Baby carrots, pepper strips, and cherry tomatoes and low-fat dressing for dipping
- Toaster waffle topped with fruit and low fat yogurt
- Small tortilla filled with black beans and salsa
- Mini sandwich - a whole-grain roll with a slice of turkey, low-fat cheese and mustard
- Whole wheat pita with 2 tablespoons of hummus
- Trail mix - 20 almonds, 1/4 cup sunflower seeds and mini box of raisins
- Veggie pizzas - split whole wheat English muffin topped with low-fat cream cheese, diced veggies, and low-fat mozzarella

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