PRESENTATION

Healthy Eating
Your Favorite Healthy Things to Eat
OVERVIEW

1. Learn about the five nutritious food groups
2. Understand the importance of drinking water
3. Learn to make a simple, nutritious meal
MY PLATE

The five nutritious food groups!

ChooseMyPlate.gov
Any food made from wheat, rice, oats, cornmeal, barley or another cereal grain

Bread, pasta, oatmeal, breakfast cereals, tortillas, and grits are examples of grain products
GRAINS – Make $\frac{1}{2}$ your grains whole

- Eat at least 3 ounces of whole grain bread, cereal, crackers, rice or pasta every day
- Look for “whole” before the grain name on the list of ingredients
VEGETABLES – Vary your veggies

What foods are in the vegetable group?

- Any vegetable or 100% vegetable juice
- Vegetables may be raw or cooked; fresh, frozen, canned, or dried/dehydrated; and may be whole, cut-up, or mashed
VEGETABLES –
Vary your veggies

Vegetables are organized into 5 subgroups:

- Dark green vegetables
- Orange vegetables
- Dried beans and peas
- Starchy vegetables
- Other vegetables
VEGETABLES – Vary your veggies

- Eat more dark green veggies
- Eat more orange veggies
- Eat more dried beans and peas
FRUITS – Focus on fruits

- Eat a variety of fruit
- Choose from fresh, frozen, canned or dry fruits
- Go easy on fruit juices
FRUITS – Focus on fruits

- Any fruit or 100% fruit juice
- Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed
DAIRY – Get your calcium rich foods

- All fluid milk products and many foods made from milk are considered part of this food group.

- Foods made from milk that have little to no calcium, such as cream cheese, cream, and butter, are not part of this food group.
DAIRY – Get your calcium rich foods

- Go low-fat or fat-free

- If you don’t or can’t consume milk, choose lactose-free products or other calcium sources
PROTEIN – Go lean

- All foods made from meat, poultry, fish, dried beans or peas, eggs, nuts, and seeds are considered part of this group.

- Dried beans and peas are part of this group as well as the vegetable group.
PROTEIN – Go lean

- Choose low-fat or lean meats and poultry; dried beans and peas are part of this group as well as the vegetable group
- Bake it, broil it or grill it
- Vary your choices – with more fish, beans, peas, nuts, and seeds
WATER INTAKE – Staying hydrated

Children and young adults should drink 6-8 glasses each day

Drinking water:
- Aids in digestion
- Vital for blood circulation
- Transports nutrients and oxygen to cells
- Cushions joints
- Protects organs and tissues
- Regulates body temperature
- Maintains electrolyte (sodium) balance
HYGIENE and CLEANLINESS

When should we wash our hands?
Always wash your hands:

- Before, during, and after preparing food
- Before eating food
- After visiting the restroom
- Between handling raw and cooked food
- Before and after treating a cut or wound
- After blowing your nose, coughing or sneezing
- After touching an animal
- After touching waste or garbage
HYGIENE and CLEANLINESS

Remember:

- Use soap and running water
- Scrub for at least 20 seconds
- Always keep fingernails clean
- Rinse thoroughly under running water
- Dry hands thoroughly
What Did We Learn Today?
THANK YOU!