



A Food Guide



"Fruits and Veggies...More Matters!"®

STEP 1

BUILD A HEALTHY PLATE

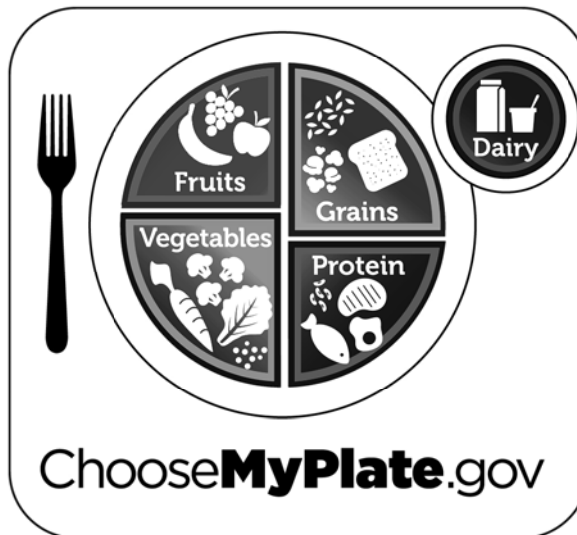


ACTIVITY:
MyPlate Puzzle

WATER



Drink water often,
with and between
your meals.



DAIRY



Choose fat-free
or low-fat (1%)
milk, cheese, and
yogurt.

FRUITS AND VEGETABLES

- Fruits and vegetables should fill $\frac{1}{2}$ the plate.
- Pile them as high as you want. If you are still hungry, go for more fruits and veggies.
- Choose a variety of colors and forms: fresh, frozen, canned, dried, and 100% juice.



GRAINS

- Starch/grain fills $\frac{1}{4}$ of the plate, not more than $\frac{1}{2}$ inch high.
- Make $\frac{1}{2}$ your grains whole grains.

PROTEIN

- Protein fills $\frac{1}{4}$ of the plate, not more than $\frac{1}{2}$ inch high.
- Keep meat and poultry portions lean and small.
- Eat beans, lentils, or tofu, which are other plant-based sources of protein.



ACTIVITY: Making MyPlate



ACTIVITY: Eat a Rainbow of Fruits and Veggies!

Name at least one fruit or vegetable in each color category below.

Different colors provide different nutrients for your body.

RED:

ORANGE:

YELLOW:

GREEN:

BLUE:

PURPLE:

WHITE:

BROWN:



About how many different colors of fruits and vegetables do you eat EVERY WEEK?

_____ different colors

HELPFUL HINTS



Aim to eat fruits and veggies 4 OR MORE TIMES A DAY.

Try these tips to increase the amount of fruits and vegetables in your meals and snacks daily.

- Have ready-to-eat fruits and veggies in easy to reach places. Have a bowl of fresh fruits on your table.
- Offer children fruits and veggies cut into bite-sized pieces.
- Introduce new veggies to your family by adding them to your sauces or soups.
- Top hot or cold cereal, pancakes, waffles, yogurt, or salads with fruit.
- Substitute 100% fruit juice for cold water when making gelatin.
- Freeze 100% fruit juice in an ice cube tray or in small paper cups to make popsicles.
- Add chopped or mashed fruits/veggies to quick breads, muffins or other baked goods.
- Sauces, dips and dressings can add taste and flavor to vegetables and fruits. Store-bought products may be high in fat, salt, sugar and calories. Try making your own!

STEP 3

WHOLE FOODS

Choose foods in their natural, unprocessed form when possible.

For example:

- Fresh apples are in the “whole” form that nature gives us.
- Applesauce and apple juice are more processed.
- Apple-flavored products may not contain real apples.



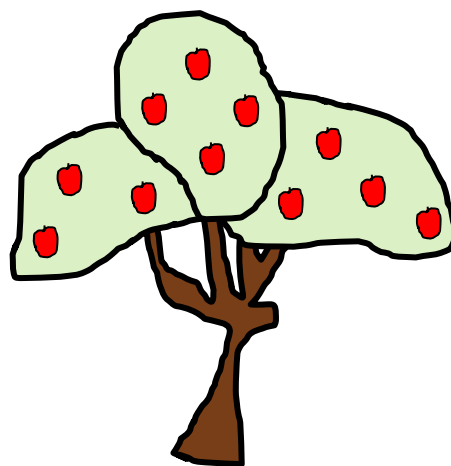
Whole



Processed



More Processed



WATER

Drink more water to get the liquid your body needs.



VARIETY

Get the nutrients your body needs to be healthy by eating many different kinds of foods.

MODERATION

Reduce your risk of chronic diseases by limiting the amounts of foods you eat that are high in fat, sugar, and salt, such as fatty meats, desserts, and frozen meals.

PHYSICAL ACTIVITY

Be physically active in your own way. Pick activities that you like, and start by doing what you can. Some activity is better than none.

- Adults should aim for 30 minutes each day.
- Children should aim for 60 minutes each day.



ENJOY!

- Enjoy your food.
- Cook together, eat together, and talk together.
- Make mealtime a friends and family time!



STEP 4

PROTECTIVE

Make $\frac{1}{2}$ of your plate fruits and vegetables.
Choose a variety of colors. Choose different forms.

Acerola	Carrot	Grape	Lychee	Pineapple	Sugar Snap Peas
Apple	Cauliflower	Green bean	Mango	Pomegranate	Surinam Cherry
Apricot	Celery	Green pepper	Marungay	Prickly Pear	Tamarind
Banana	Chayote	Guava	Mushroom	Pomelo	Tangerine
Bean Sprout	Cherimoya	Jicama	Okra	Pumpkin	Tomato
Bittermelon	Choi sum	Kiwi	Orange	Seaweed	Turnips
Blueberry	Cucumber	Kumquat	Papaya	Spinach	Watercress
Broccoli	Eggplant	Lettuce	Peach	Squash	Watermelon
Cabbage	Fresh herbs	Lilikoi	Peas	Starfruit	Winged Bean
Cantaloupe	Grapefruit	Luau Leaf	Persimmon	Strawberry	Zucchini

BODY-BUILDING

Keep meat and poultry portions lean and small.
Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts Group
Milk, Yogurt, Cheese and Calcium Foods Group

Fish	Beef	Beans/soybeans	Sardines	Milk
Seafood	Pork	Lentils	Salmon	Cheese
Tuna	Chicken	Nuts	Dried Fish	Yogurt
Eggs	Turkey	Tofu	Bones	Cottage cheese

ENERGIZING

Make at least $\frac{1}{2}$ of your grains whole grains.

Bread, Cereal, Rice, and Pasta Group

Bagels	Corn/cornmeal	Macaroni	Saimin	<u>Starchy Vegetables</u>	
Barley	Crackers	Oats	Soba	Breadfruit	Potato
Breads	English Muffins	Pita bread	Spaghetti	Green banana	Sweet potato
Bulgur	Look fun	Quinoa	Tortillas	Poi	Taro
Buns	Long rice	Rice	Udon		
Cereals	Millet	Pancit	Whole grains		

STEP 6



Goal Setting

I (who) **will** _____ (what)

by _____ (how) **before the next class session** (when).

STEP 5



Goal Setting

GOAL SETTING



- Allows us to choose where we want to go in life
- Gives us a long-term vision and short-term motivation
- Focuses our attention
- Helps us to organize our resources
- Helps us to measure success along the way
- We may make a wonderful goal, but for whatever reason, it may be difficult to reach due to obstacles in our day-to-day lives. These barriers may prevent us from reaching our goal, but never give up! We may have to revise our goal to make sure we can reach it with our current resources.

Directions: For our first goal-setting activity, create a goal based on something you would like to focus on **within this lesson**.



What do I hope to accomplish? _____



When will I do this? Set a **reasonable** time limit. _____



How will I do this? Make a **measurable** plan. _____



Who is involved? What will each person do? _____

Look for the Goal Setting box below at the end of every lesson.



I (who) **will** _____ (what)

by _____ (how) **before the next class session** (when).