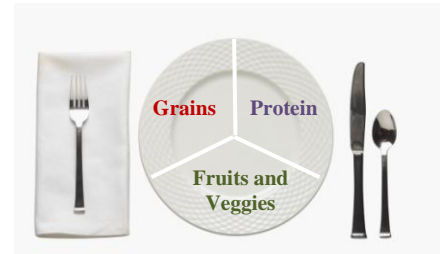


Healthy Eating 101

What Makes a Meal?

- 3 different food groups
 - Grains for NOW energy
 - Protein for longer lasting energy
 - Fruits/Vegetables for fiber, nutrients and volume
- Balance, variety and moderation all achieved in Plate Method
- Listen to body's signals to identify fullness
- Vegetables provide a lot of volume with few calories, thus more chewing and swallowing!!



Perimeter Grocery Shopping

- Make a list!
- Get *fruits* and *vegetables* that are in season and on sale.
- Look at the label to see how much fiber is in your *bread*.
- Look for the words "loin" and "round" for the leanest cuts of *meat*.
- Buy the "sharp" variety of cheddar *cheese* so less can be used for the same flavor.
- Remember that all types of *milk* have the same nutrients, only calories and fat differ.
- Make sure to check the calories on *frozen meals*, some have too much and some have too little.
- Add your own *vegetables* on top of a *frozen pizza* before popping it in the oven.

Snacking

- An optimal metabolism needs re-fed every 3-4 hours
- Snacking provides beneficial fuel for brain function.
- Prevents feeling ravenous and overeating later on.
- Aim for at least 2 food groups.
- Don't forget protein and fiber for lasting energy.

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Seasonal Shopping

Spring

Asparagus, lettuces, new potatoes, peas, radishes, rhubarb, spinach, strawberries

Summer

Apricots, cherries, eggplant, green beans, melons, peaches, plums, corn, peppers, tomatoes, zucchini

Fall

Apples, broccoli, brussel sprouts, cauliflower, grapes, pears, pumpkins, winter squash, yams

Winter

Beets, cabbage, carrots, citrus fruits, onions, turnips, winter squash

Produce Shelf Life

Fruit

LONG
Apples
Oranges
Grapefruit
Lemons/Limes
Melons-uncut

SHORT
Grapes
Peaches
Pears
Cherries
Berries

Vegetables

LONG
Carrots
Radishes
Celery

SHORT
Lettuce
Cauliflower
Cucumbers
Peppers
Broccoli
Asparagus
Corn

Trail Mix Recipe

Pick ingredients from each of the four categories and make your own unique trail mix!

Nuts

Pumpkin seeds
Almonds
Cashews
Peanuts
Pine nuts
Sunflower seeds
Pecans
Walnuts

Pretzel sticks
Oh's cereal
Oatmeal squares
Cheese-Its
Goldfish

Grain

Fruit

Banana chips
Raisins
Craisins
Dried blueberries
Yogurt-covered raisins
Dried mangos
Dried apples
Dried pineapple

M&M's
White chocolate chips
Butterscotch chips
Reese's pieces

Fun Stuff