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

#### Grain
- Pretzel sticks
- Oh’s cereal
- Oatmeal squares
- Cheese-Its
- Goldfish

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

#### Fun Stuff
- M&M’s
- White chocolate chips
- Butterscotch chips
- Reese’s pieces