

TIPS

FOR HEALTHY EATING



Tips for healthy eating

TIP

1

Enjoy a variety of foods every day.

TIP

2

Eat lots of vegetables, fruits, breads, cereals, grains and other low fat foods.

TIP

3

Keep a healthy body weight with exercise and healthy eating.


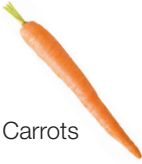

























TIP

4

Limit foods high in fat, sugar, salt, alcohol and caffeine.

Food Groups

There are four food groups.

| Vegetables & Fruit | Grain Products | Milk & Alternatives | Meat & Alternatives |
|--|---|---|---|
|  Broccoli  Carrots  Peppers  Berries  Grapes  Spinach  Romaine Lettuce  Cantaloupe  Apple |  Bread  Cereal  Rice  Noodles  Chapati  Pita |  Milk  Yogurt  Yogurt Drink  Cheddar Cheese  Mozzarella Cheese |  Beans  Fish  Chicken  Meat  Tofu  Eggs  Nuts |

These foods are high in calories, fat, sugar or salt.

FOODS TO LIMIT



French Fries



Margarine/Butter



Cakes/Pastries



Cookies



Granola Bars



Soft Drink



Ice Cream



Potato Chips



Chocolate Bar



Doughnuts

TEST YOURSELF ON THE FOOD GROUPS

Vegetables & Fruit

Circle the Vegetable or Fruit in each row.

ROW

1



Cheese



Cookies



Apple Juice



Egg

ROW

2



Peas



Milk



Cereal



Chicken

ROW

3



Fruit Drink



Potato



Yogurt



Tuna

ROW

4



Pork Chop



Banana



Cheese



Baked Beans

Row 1 - Apple Juice Row 2 - Peas Row 3 - Potato Row 4 - Banana

Grain Products

Circle the Grain Product in each row.

ROW

1



Chicken



Rice



Peanuts



Pudding

ROW

2



Noodles



Orange



Ground Beef



Milk

ROW

3



Chocolate Milk



Doughnut



Roast Beef



Oatmeal

ROW

4



Peanut Butter



Chapati



Cheese



Salad

Row 1 - Rice Row 2 - Noodles Row 3 - Oatmeal Row 4 - Chapati

Milk & Alternatives

Circle the Milk or Alternative in each row.

ROW

1



Grapes



Yogurt



Bread



Egg

ROW

2



Cookies



Cereal



Apple



Yogurt Drink

ROW

3



Carrot



Rice



Butter



Cheese

ROW

4



Soft Drink



Peas



Chocolate Milk



Baked Beans

Row 1 - Yogurt Row 2 - Yogurt Drink Row 3 - Cheese Row 4 - Chocolate Milk

Meat & Alternatives

Circle the Meat or Alternative in each row.

ROW

1



Muffin



Yogurt



Banana



Tuna

ROW

2



Salad



Bread



Baked Beans



Pudding

ROW

3



Ice Cream



Apple



Egg



Crackers

ROW

4



Peanut Butter



Rice



Milk



Potato Chips

Row 1 - Tuna Row 2 - Baked Beans Row 3 - Egg Row 4 - Peanut Butter

Foods to Limit

Circle the foods to limit in each row.

ROW

1



Soft Drink



Bread



Baked Beans



Milk

ROW

2



Carrot



Cookies



Peanut Butter



Crackers

ROW

3



Chicken



Peach



Oatmeal



Fruit Roll-up

ROW

4



Cheese



Banana



Peanut Butter

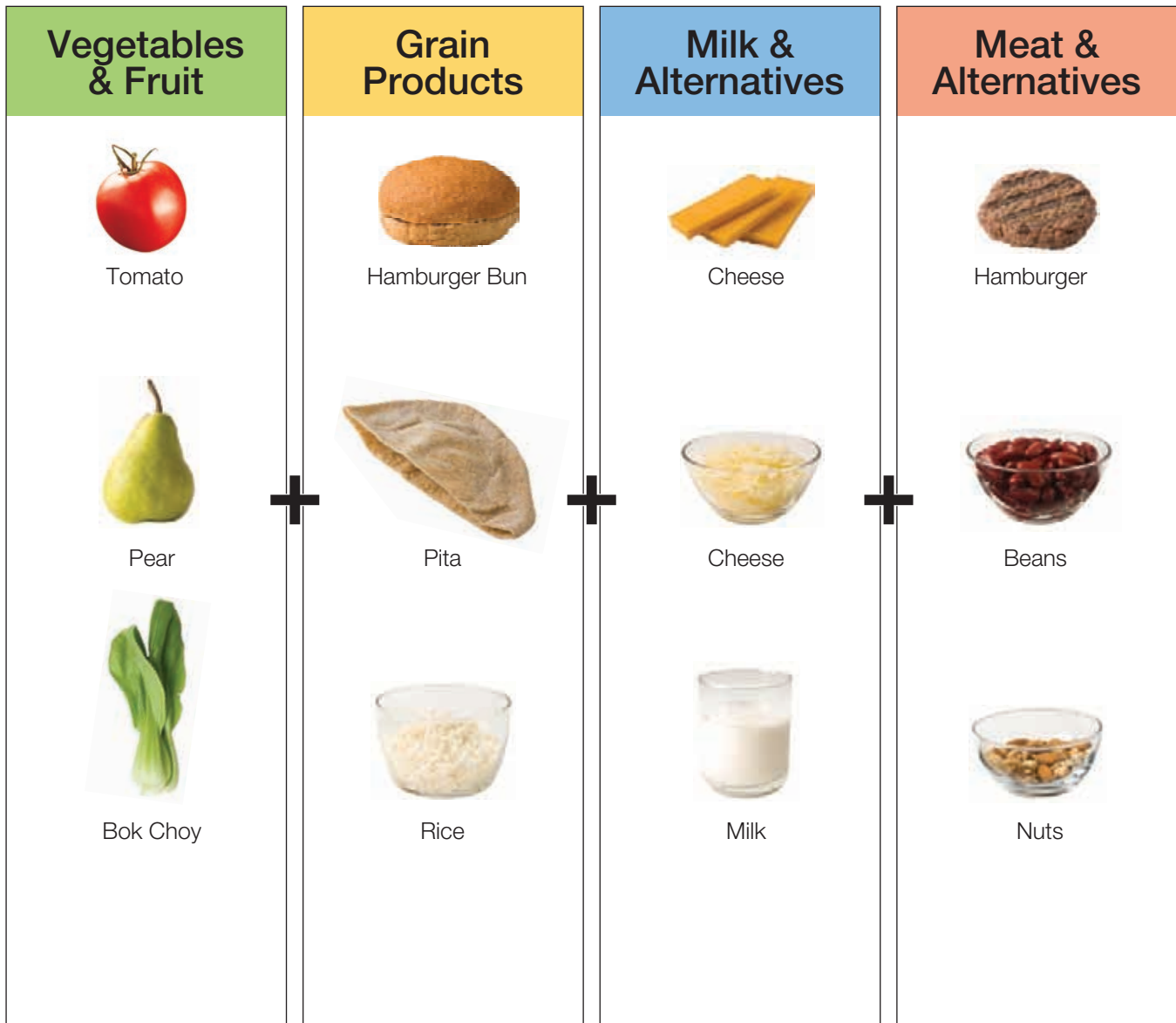


Potato Chips

Row 1 - Soft Drink Row 2 - Cookies Row 3 - Fruit Roll-up Row 4 - Potato Chips

Balanced Meals

A balanced meal has foods from all four food groups.



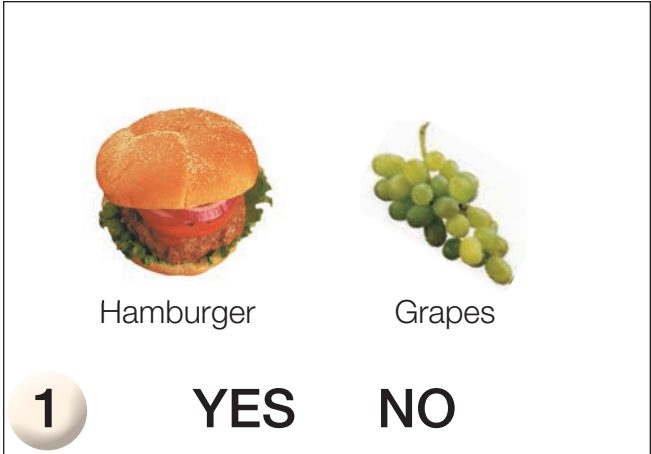
Eating balanced meals can help you look and feel good.

Balanced Meals

Are these meals balanced?

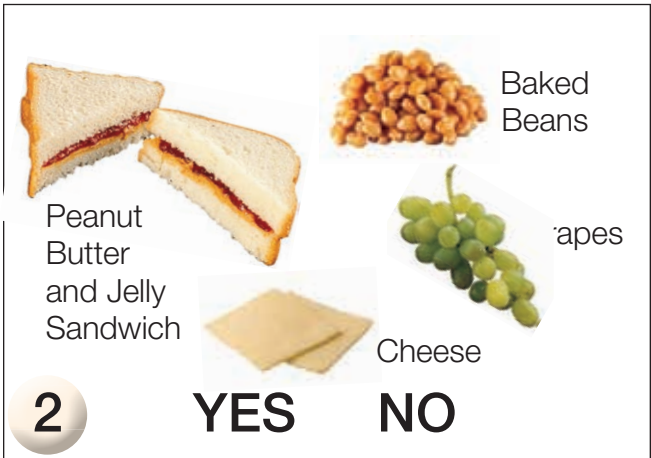
Circle YES for each meal that is balanced.

Circle NO for each meal that is not balanced.




Hamburger Grapes

1 YES NO



Peanut Butter and Jelly Sandwich Baked Beans Cheese Grapes

2 YES NO



Bread Chicken Yogurt

3 YES NO

Complete A Meal


These meals are not balanced. Something is missing.
Look at the pictures beside each meal.
Circle the food that makes the meal balanced.



1 Bread
Hamburger Patty
Macaroni and Cheese



Muffin



Carrot



Yogurt



Baked Beans



2 Peanut Butter
Berries
Crackers



Apple Juice



Pork Chop



Cereal



Milk

Circle the food that makes the meal balanced.



3
Yogurt
Egg
Banana
Roast Beef



Baked Beans



Bread




Milk




Peas



4
Milk
Apple
Salad
Rice




Chicken



Cookies



Orange



Pudding

What Would You Choose?

These meals are not balanced. Something is missing. Write the name of a food you would eat that would make the meal balanced.



1 Milk
Apple Juice
Crackers



2 Beans
Pita
Broccoli

Write the name of a food you would eat that would make the meal balanced.



3 Milk
Bread
Tuna
Cereal



4 Chocolate Milk
Beef Stew
Potato
Frozen Yogurt

How About You?

1

What did you eat for dinner last night?

Was it a balanced meal? _____

If NO, what food could you add? _____

2

What is another meal that you like to eat?

Is it a balanced meal? _____

If NO, what food could you add? _____

Turn the page for some recipe ideas to help you balance meals.

Recipes

Wanda's Spaghetti

2 celery stalks
1 green pepper
1 small onion
2 shakes garlic powder
1 pound (500 grams) ground beef
1 large (28 ounces or 1 kilogram) can tomatoes
½ box spaghetti (1 kilogram size)
parmesan cheese

1. Chop the celery, pepper, and onion.
2. Add the chopped onion to the meat and cook until brown. Drain the fat from the meat.
3. Add the celery, green pepper, and garlic.
4. Cook on low heat until the vegetables are tender. Add the tomatoes.
5. Boil the spaghetti until cooked. Drain off the water.
6. Pour the sauce over the spaghetti and sprinkle with parmesan cheese.

Serves 4

Wanda's Spaghetti has foods from all four food groups.

- **VEGETABLES & FRUIT:** tomatoes, green pepper, onion, celery
- **GRAIN PRODUCTS:** spaghetti
- **MILK & ALTERNATIVES:** parmesan cheese
- **MEAT & ALTERNATIVES:** ground beef

Homemade Pizza

4 pizza crusts—8 inch size (from store)
1 can (5½ ounces or 156 mL) tomato paste
2 cups (500 mL) grated mozzarella cheese
Your choice of toppings such as: crushed pineapple, chopped green pepper, sliced salami or ham, chopped onion

1. Heat the oven to 400° F (200° C).
2. Spread tomato paste on each pizza crust.
3. Add your choice of toppings.
4. Sprinkle with grated cheese.
5. Put pizzas on a cookie sheet and place in oven. Bake 5–10 minutes or until the cheese melts.

Serves 4

This pizza has foods from all four food groups.

- **VEGETABLES & FRUIT:** tomato sauce, pineapple, onion, green pepper
- **GRAIN PRODUCTS:** pizza crust
- **MILK & ALTERNATIVES:** mozzarella cheese
- **MEAT & ALTERNATIVES:** salami or ham

It's a Wrap!

1 can (14 ounces or 398 mL) canned beans
4 tortillas or pitas
1 cup (250 mL) grated cheddar cheese
½ cup (125 mL) salsa
vegetables, chopped (e.g. tomato, avocado, bell peppers, mushrooms, lettuce, etc.)

1. Heat beans.
2. Warm the tortillas or pitas and spread the beans in a line on each one.
3. Add salsa, cheese and vegetables.
4. Roll and enjoy!

Serves 4

This wrap has foods from all four food groups.

- **VEGETABLES & FRUIT:** chopped vegetables
- **GRAIN PRODUCTS:** tortilla or pita
- **MILK & ALTERNATIVES:** cheddar cheese
- **MEAT & ALTERNATIVES:** beans



For more information,
call a nutrition educator at:
604-294-3775 or
1-800-242-6455

www.nutritioneducationbc.ca

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Prepared by the BC Dairy Association in consultation with participants of Surrey Healthiest Babies Possible.