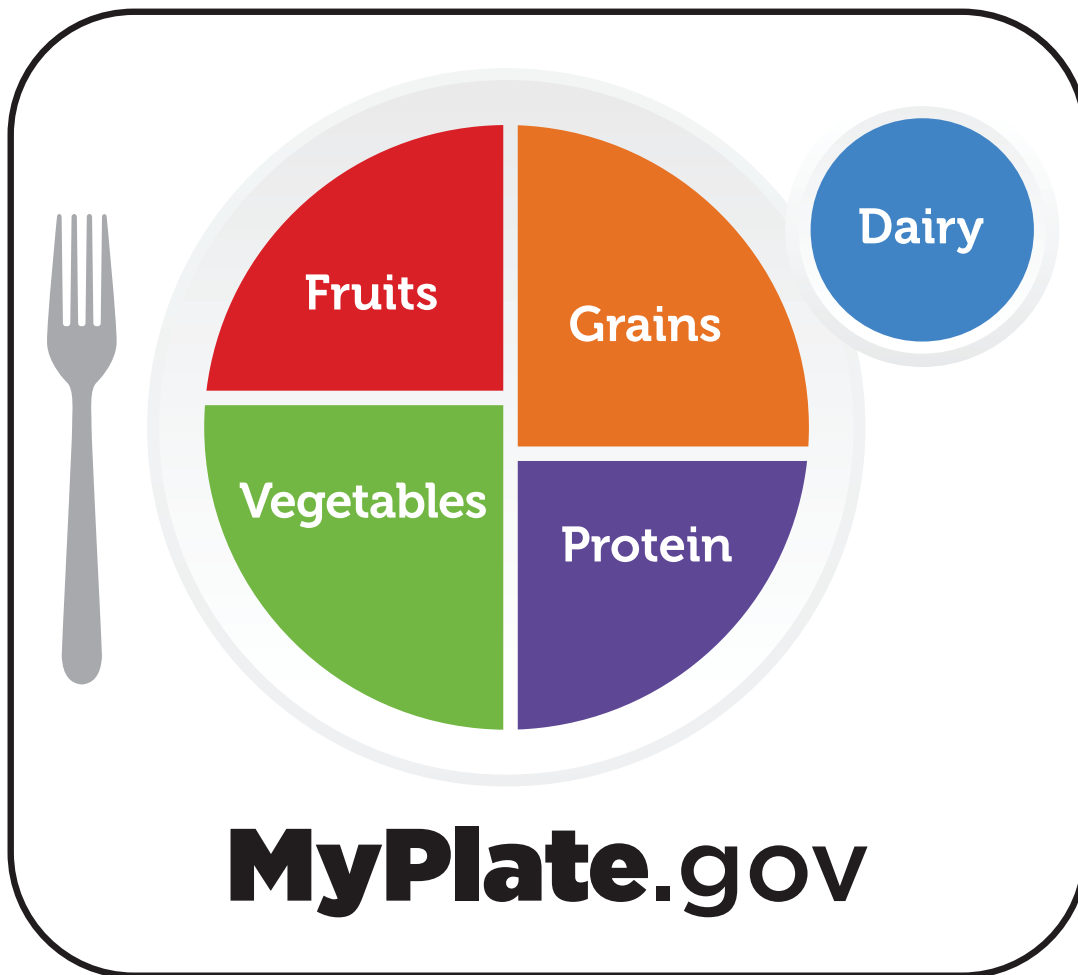


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Healthy Eating Tips

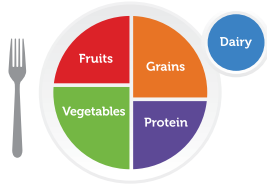
Celebrations, Food Prep, On a Budget, Shopping, Meal Planning,
Snacking, Kitchen Time Savers, Picky Eaters, Dine out/Take out
MyPlate.gov



collated by Dr Marlene MD
DrMarleneMD.com

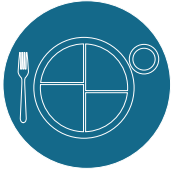


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Celebrations and Gatherings

Healthy eating is important at every stage of life, including celebrations and gatherings. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what to eat or drink, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:



Serve up variety

At your next event, create a colorful buffet table that includes a variety of foods from all the food groups.



Cheers to good health

Serve water or unsweetened iced tea with fresh mint leaves. Offer seltzer water with a splash of 100% fruit juice or a wedge of lemon or lime.



Make activity part of the fun

Laugh, mingle, dance, and play games. Have fun walking and talking with family and friends after a special meal.



Rethink dessert

Offer a combination of fresh and dried fruit. Put out fixings for guests to make their own trail mix with a combination of peanuts, dark chocolate chips, and dried fruits.



Reduce food waste

Manage leftovers by packing them for guests to take home, adding them to soups or salads, and including extra veggies in omelets, sandwiches, or stews.

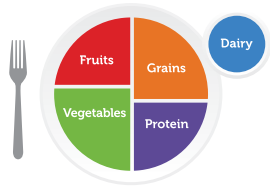


Try a twist on your favorite dish

Substitute unsweetened applesauce for butter when baking, or use low-fat milk when a recipe calls for cream. Experiment with low-salt herbs and spices.



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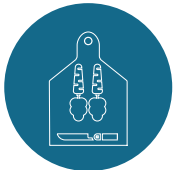
Healthy Food Prep

Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what to eat or drink, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:



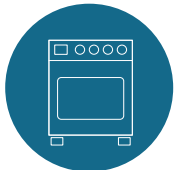
Think balance

Include a variety of delicious foods from all five food groups—fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives—when making meals.



Chop fresh produce in advance

Cut up fresh fruits like melons and pineapples, and veggies like carrots and broccoli, when you have a few minutes. Store them in the fridge for meals and snacks.



Bake, grill, broil, or roast

Limit frying—especially deep frying—to reduce saturated fat and calories in the dishes you make. Most recipes can be adapted for healthier cooking methods.



Sweeten foods with fruit

Mix fruit into plain yogurt, cooked oatmeal, and smoothies to sweeten without adding sugar. Or, use that plain yogurt, uncooked oats, and fruit for some overnight oats.



Find more flavor

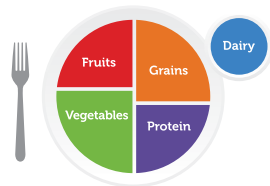
Add a squeeze of lemon or lime juice to cooked vegetables and meat, chicken, or fish. Experiment with low-salt herbs and spices.



Read food labels

Use the [Nutrition Facts label](#) to find out how much added sugars, saturated fat, and sodium (salt) are in the packaged foods you eat. Adjust your cooking methods and other ingredients accordingly.

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Eat Healthy on a Budget

Healthy eating is important at every age—and can be done on a budget. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what to eat or drink, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:



Plan, plan, plan

Plan your meals for the week based on your food budget and make a grocery list that includes staples and perishables. Save money by buying only what you need.



Compare similar products

Locate the “unit price” on the shelf sticker near the item price. Compare different brands and sizes for the best money-saving option.



Stretch your food dollars

Add beans and canned or frozen vegetables to bulk up your meals and make your food dollars go farther. You will reap the benefits of extra fiber, vitamins, and nutrients while feeling full.



Grow your own in your home

Grow herbs like basil and oregano inside your home for a fraction of the price. Small gardens can be grown on a windowsill or a kitchen counter.



Buy in bulk

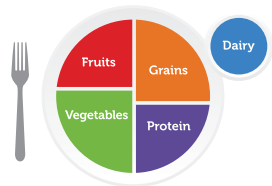
Save money by buying larger quantities of foods that store well like whole grains, canned or dried beans, and frozen vegetables. Don't overbuy foods that you will throw out later.



Look for on-sale produce

Grocery stores rotate their sales and buying what is on sale is a great way to save money and get variety. Do the same with frozen and canned items.

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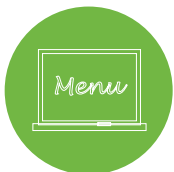
Grocery Shopping

Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When grocery shopping, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:



See what you already have

When starting your grocery list, think about the five food groups—fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. Take a look at the foods you already have in your refrigerator, freezer, and pantry and shop for foods you may be missing.



Plan your weekly meals

Write down meals you want to make for the week. Think of creative ways to use some of the items you already have together with some new ones. Strive for a variety of foods in each of the food groups.



Remember the basics

Don't forget to include foods like fruits and vegetables, which may not be a part of a recipe but are great to have as snacks. Fresh, canned, frozen, dried, and dehydrated all count!



Keep organized for a quick exit

Finish your list by organizing needed items into groups, such as grocery sections or food groups. This helps to stay focused, buy only the items you need, and make a quick exit.



Look around for savings

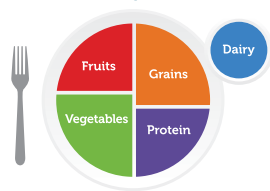
Save more by using coupons, signing up for your store loyalty programs, buying foods on sale and in-season, or comparing brands and prices. Store brands are usually less expensive.



Read labels

Make the best choice for your needs by comparing nutrition and ingredient information by reading the food label or the [Nutrition Facts label](#). Look for those with less added sugars, saturated fats, and sodium.

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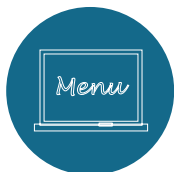
Meal Planning

Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When planning meals, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:



See what you have

Plan meals that use foods you already have. Look in your freezer, cabinets, and refrigerator, and be sure to check expiration dates.



Map out your meals

Write out the meals you plan to eat for the week and use it as a guide. Be sure to list beverages and snacks, too.



Find balance

Plan your meals so you eat from all five food groups—fruits, vegetables, grains, protein foods, and dairy or fortified soy products—every day. When planning, be aware of added sugars, saturated fat, and sodium by reading the [Nutrition Facts label](#).



Think about your schedule

Prepare meals and sides—including whole grains, vegetables, and beans—on the weekends when you may have more time. This will help during busy weekdays.



Make a grocery list

Start by listing ingredients for the meals you plan to make and then cross off items you already have. Buying for the week can help you make fewer shopping trips.

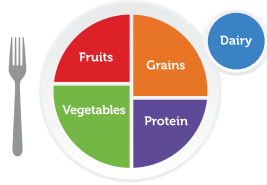


Love your leftovers

Prepare enough of a dish to eat multiple times during the week or freeze some to enjoy later. Making leftovers part of your plan can save you time and money.



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Healthy Snacking With MyPlate

Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding on a snack, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:



Build your own

Make your own trail mix with unsalted nuts and add-ins such as seeds, dried fruit, plain popcorn, or a sprinkle of chocolate chips.



Prep ahead

Portion snack foods into reusable containers when you get home from the store so they're ready to grab-and-go.



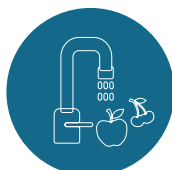
Make it a combo

Use the food groups to build a satisfying snack: yogurt and berries, apple with nut butter, or whole-grain crackers with turkey and avocado.



Eat vibrant vegetables

Try raw vegetables with dips. Try dipping bell peppers, carrots, or cucumbers in hummus, guacamole, or a low-fat yogurt sauce.



Wash and enjoy

Apples, pears, grapes, and fresh berries are great go-to snacks when you are looking for a quick sweet treat.

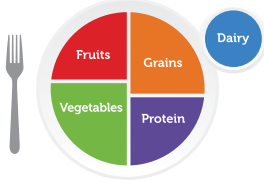


Stock your fridge

Keep cut up fruits and vegetables visible and within reach in the fridge for a convenient anytime snack.



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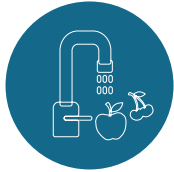
Kitchen Time-Savers

Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what to eat or drink, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:



Shop with a plan

Prepare a shopping list before you head to the store so you can focus on what you need. To go faster, organize your list by store sections such as “produce,” “frozen foods,” etc.



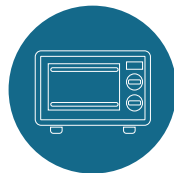
Prep ahead

When you have some time, wash, slice, and portion out fruits and veggies for quick snacks on-the-go. You can also prepare ahead some of the fresh ingredients for upcoming meals.



Enjoy veggies raw

Not cooking saves time, too! Cherry tomatoes, string beans, or sugar snap peas taste great as a side dish all on their own.



Use a toaster oven

Small, convenient, and quick-to-heat appliances can save both time and energy. They're perfect for broiling fish fillets, roasting small vegetables, or heating up a sandwich.



Plan for leftovers

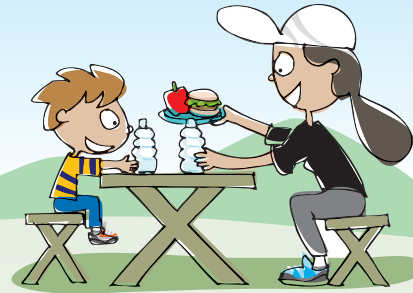
Make larger recipes with enough servings for multiple meals to use that week or freeze for later. This reduces the number of times you need to prepare meals.



Use a slow cooker

Save time with easy slow cooker meals that require little “supervision.” Slow cooker soups and stews are also a good way to use up fresh vegetables that may be a little past their prime.

Healthy Tips for Picky Eaters



Do any of the statements below remind you of your child?

“Ebony will only eat peanut butter sandwiches.”

“Michael won’t eat anything green, just because of the color.”

“Bananas used to be Matt’s favorite food, but now he won’t even touch them.”

Your child may eat only a certain type of food or refuse foods based on a certain color or texture. He or she may also play at the table and may not want to eat. Don’t worry if your child has some picky eating behaviors. Picky eating behavior is common for many children from the age of 2 to 5 years. As long as your child is growing as the doctor suggests, he or she is most likely eating enough to be healthy. If you have concerns about your child’s growth or eating behavior, talk to your child’s doctor.

How to cope with picky eating

Your child’s picky eating is temporary. If you don’t make it a big deal, it will usually end before school age. Try the following tips to help you deal with your child’s picky eating behavior in a positive way. Check the ones that work for you and your child.

- Let your kids be “produce pickers.”** Let them pick out fruits and veggies at the store.
- Have your child help you prepare meals.** Children learn about food and get excited about tasting food when they help make meals. Let them add ingredients, scrub veggies, or help stir food.

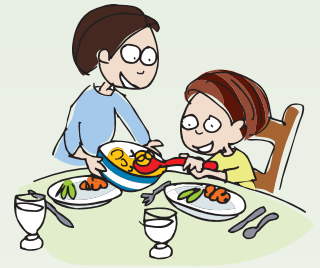


- Offer choices.** Rather than ask, “Do you want broccoli for dinner?” ask “Which would you like for dinner, broccoli or cauliflower?”
- Enjoy each other while eating family meals together.** Talk about what family members did during the day, what made you laugh, or what you did for fun. Turn off the TV and keep phones away from the table to focus on family time.
- Offer the same foods for the whole family.** Serve the same meal to adults and kids. Let them see you enjoy a variety of healthy foods. Talk about the colors, shapes, and textures on the plate.



Trying new foods

Your child may not want to try new foods. It is normal for children to reject foods they have never tried before. Here are some tips to get your child to try new foods:



Let your kids learn by serving themselves. Teach them to take small amounts at first. Tell your kids that they can get more food if they are still hungry.

■ **Start with small portions.** Let your kids try small portions of new foods that you enjoy. Give them a small taste at first and be patient with them. When they develop a taste for more types of foods, it's easier to plan family meals.

■ **Offer one new food at a time.** Serve something that you know your child likes along with the new food. Offering more new foods all at once could be too much for your child.

■ **Be a good role model.** Try new foods yourself. Describe their taste, texture, and smell to your child.

■ **Offer new foods first.** Your child is most hungry at the start of a meal.

■ **Offer new foods many times.** Sometimes, new foods take time. Kids don't always take to new foods right away. It may take up to a dozen tries for a child to accept a new food.



They learn from watching you. Eat fruits and vegetables and your child will too.

Make food fun!

Help your child develop healthy eating habits by getting him or her involved and making food fun! Get creative in the kitchen with these cool ideas. Check the ones you try at home, and be sure to add your own ideas, too!



Make meals and memories together. It's a lesson they'll use for life.

Cut a food into fun and easy shapes with cookie cutters.

Encourage your child to invent and help prepare new snacks. Create new tastes by mixing two or more food groups together to make interesting pairings.

Name a food your child helps create.

Make a big deal of serving "Maria's Salad" or "Peter's Sweet Potatoes" for dinner.

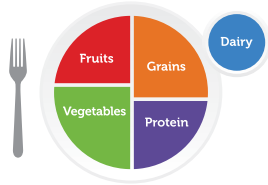
Our family ideas to make food fun:



For more great tips on these and other subjects, go to:

ChooseMyPlate.gov/preschoolers/

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Dine Out/Take Out

Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what to eat or drink, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:



Decode the menu

Look for choices that are baked, broiled, grilled, poached, steamed, boiled, or roasted to limit extra saturated fat and salt. If you aren't sure, ask how menu items are prepared and/or if they can be prepared a different way.



Start your meal with veggies

If you start your meal with a salad or eat your vegetables first, you will feel full sooner and ensure that you get valuable vegetable nutrients.



Split your dish

When ordering food, portions can be very large. Consider sharing a meal with someone else or making two meals out of it by saving half for the next day.



Look for fruits and veggies

Pick dishes that highlight vegetables like stir-fries, veggie wraps, or kabobs. Select fruit as a side dish or for dessert.



Plan ahead and compare choices

Before you order takeout or head to a restaurant, see if menu information is available on a website. Look for choices that are lower in calories, sodium, and saturated fat.



Choose your sauce

Pick sauces made from vegetables like marinara, rather than cream or butter sauces to limit calories from saturated fat. You can ask for them on the side or for the dish to be prepared with less or no sauce.