



# "I EAT RIGHT"

## The Five Food Groups

It is important to teach children that they can find tasty healthy foods to eat instead of eating foods that aren't healthy for them.

Try to substitute a healthy food choice for an unhealthy choice-like:

- eat apples instead of french fries
- celery and peanut butter instead of candy bars.

Support your child to choose healthy food options throughout the day.

### HEALTHY HABIT OF THE DAY:

Half of my plate, at every meal, is fruits and vegetables.



Healthy LifeStars

Let's review the following 5 food groups. How many servings do we need to eat each day? This is great information for you to share with your children.

- **Fruits**— help keep you from getting sick! Fruits are rich in vitamins, minerals, and fiber, which help prevent disease. 2-4 servings per day.
- **Vegetables**— give you healthy skin and eyes! Vegetables are rich in vitamins, minerals, and fiber, which help fight disease. 3-5 servings per day.
- **Dairy** (low-fat milk, cheese and yogurt) – provides calcium, which you need to build strong teeth and bones. 3 servings per day.
- **Grains** (oatmeal, brown rice, bread, pasta, crackers, tortillas, cereal)— give you energy to learn and play! It is best to choose whole grains most of the time! These provides fuel for your body and brain. It's just like gasoline you have to put in your car for it to go! 4-6 servings per day.
- **Protein** (nuts/beans/lean meat/fish) – gives you healthy muscles and bones! Protein provides the building blocks for bones, muscles, skin and blood. 2-3 servings per day.

### QUESTIONS TO ASK YOUR CHILD

Q: How many servings of fruits should you have a day?

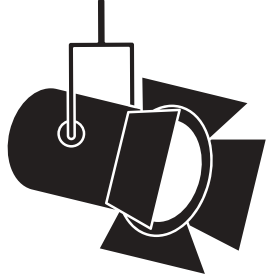
A: 2 to 4

Q: What are the 5 food groups?

A: Fruits, Vegetables, Dairy, Grains, Protein

Q: Tell me about how each food group helps your body?

Q: What are your favorite foods from each food group?



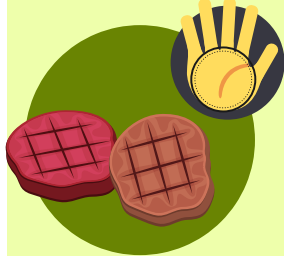
# SPOTLIGHT ON:

## Healthy Proteins

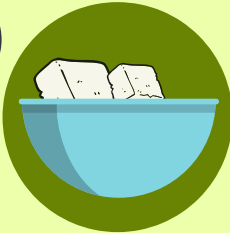
Protein is one of the five food groups we learned about today. Protein is essential for a healthy body and it is important to eat the right amount and the right kind to get its benefits.

We recommend you ask your child's doctor about how much protein they need every day, but the general guideline is 2-3 servings of healthy protein every day.

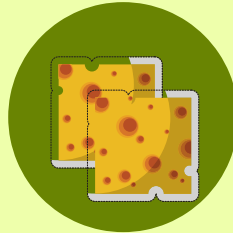
### examples of 1 serving of protein



1 Palm-size lean meat, fish, or poultry



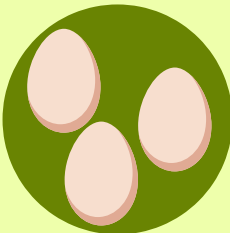
2 small blocks of tofu



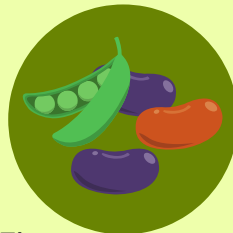
2 slices low-fat cheese



2- 8 oz glasses of low-fat milk or soy milk



3 eggs



Three-quarters cup of cooked peas, beans, or lentils

### Fresh Proteins

Choose fresh products like lean chicken/meat/fish, eggs, and dairy products and plant sources like soy products and lentils to meet your daily protein needs



high in protein content



Contain other nutrients like vitamins, minerals, and healthy fats

VS.

### Processed meats

Stay away from processed meats like hot dogs, bacon, lunch meats, and sausage, as they are poor sources of protein



typically high in salt- which is bad for you!



low in protein content



eating too much processed meat increases your risk of some cancers

## RECIPE: HEALTHY TACO SALAD FOR FOUR

\$10.40 total - \$2.60 / serving

### Ingredients

8 cups lettuce, chopped  
2 cups cooked beans, pulled pork, or ground beef  
4 small tomatoes, chopped  
1 cup corn, canned or fresh  
2-3 scallions, finely chopped  
2 cups tortilla chips, roughly crushed  
sharp cheddar or queso fresco, for sprinkling

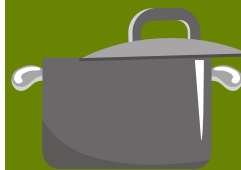
### dressing

¼ cup sour cream or yogurt  
juice of one lime  
salt and pepper

Mix up the dressing and taste it. Adjust the salt, pepper, and lime to your liking.

Mix the other ingredients in a large bowl.

Pour the dressing over just before serving and toss to coat the salad evenly.



### COOKING STYLE MATTERS!

How you cook your food is JUST as important as *what* you eat!

To keep your proteins healthy:

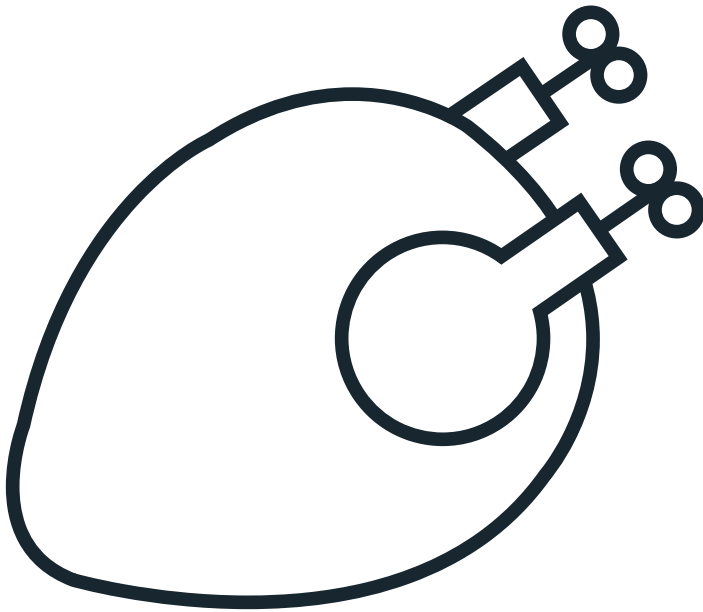
- Avoid deep-frying them! Instead, try sautéing in a little bit of olive oil, vegetable oil, or cooking spray.
- You can also bake them in the oven instead of frying them.



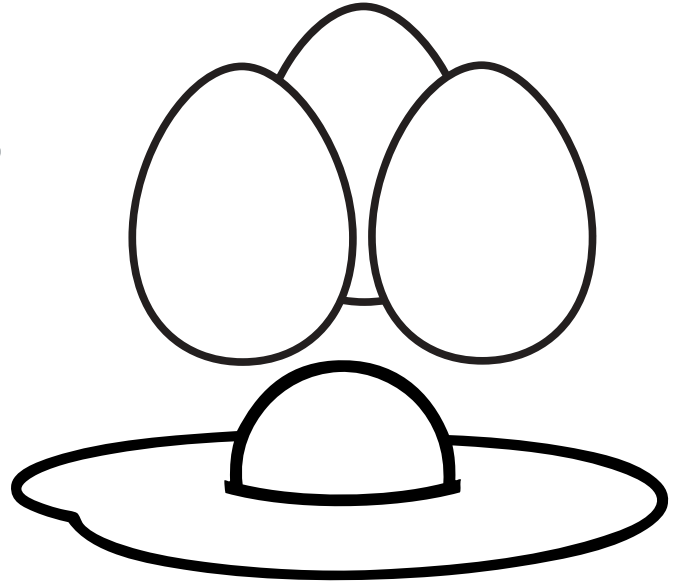
# COLORING FUN:

## Healthy Proteins

YOUR CHILD CAN COLOR ALL OF THE HEALTHY PROTEINS SHOWN BELOW



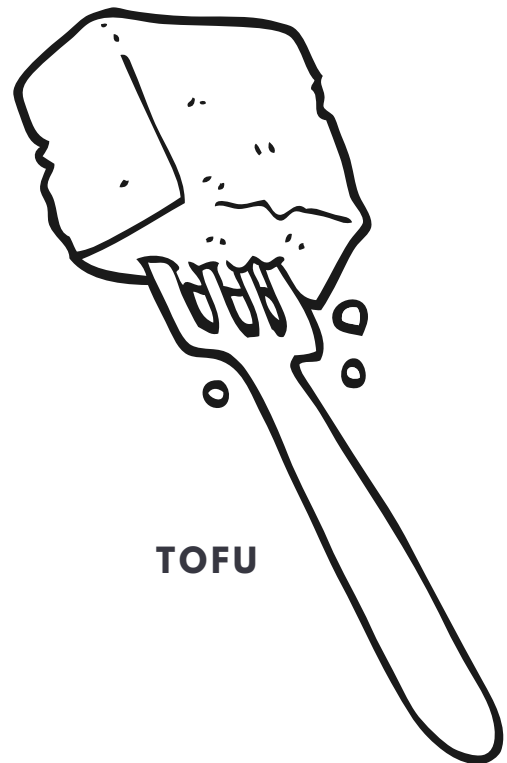
**ROTISSERIE CHICKEN**



**EGGS**



**NUTS, PEAS, BEANS,  
LENTILS**



**TOFU**

For More Fun Kid Friendly,  
Family, Healthy Eating Activities - check out:  
<https://www.choosemyplate.gov/kids-activity-sheets>

# Servings a Day

PRINT OUT THIS HELPFUL CHART TO TRACK YOUR DAILY SERVINGS FROM EACH FOOD GROUP. LIST EVERYTHING YOU ATE AT EACH MEAL UNDER THE APPROPRIATE GROUP AND ADD THEM UP AT THE END OF THE DAY.

**Date:** \_ \_ \_ \_ \_

	<b>Protein</b> GOAL: 2-3 servings per day	<b>Grains</b> GOAL: 4-6 servings per day	<b>Veggies</b> GOAL: 3-5 servings per day	<b>Fruits</b> GOAL: 2-4 servings per day	<b>Dairy</b> GOAL: 3 servings per day
Breakfast					
Lunch					
Dinner					
Snacks					
Totals					