



HEALTHY INFORMATION "BITES"



EATING HEALTHIER: TIPS & TRICKS

GROCERY SHOPPING TIPS:

- 1. MAKE A LIST!**
It helps you to only buy what you need.
- 2. PLAN MEALS AHEAD!**
Only necessary items.
- 3. NEVER SHOP HUNGRY!**
You buy with your belly instead of your brain.
- 4. STORE PICKUP!**
Saves money and time.
- 5. COUPONS!!!**
Check the store's app and save more cash.

Why is good nutrition important?

- ✓ About 33% of adults and 17% of children and teens in the U.S. are obese, and poor diet is the number one reason.
- ✓ Healthy eating is needed for child growth, development and learning.
- ✓ Obesity is a leading risk factor for heart attacks, strokes and cancer.
- ✓ Healthy snacks can include: sunflower seeds, nuts, dried fruit (dates, raisins), fresh fruit (apples, grapes, bananas, oranges), cheese/crackers, tuna/crackers, peanut butter/crackers, assorted raw vegetables and hummus, and plain cereal (not sugary) with or without milk.

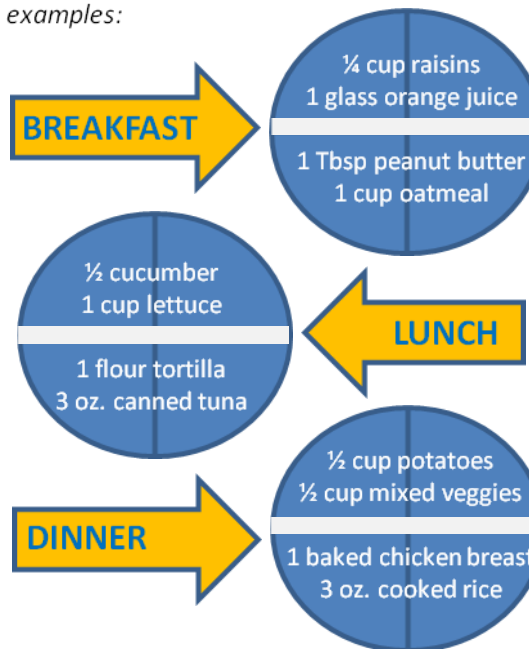
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- *Use MyPlate as a meal guide.
- *Fat-free or 1% milk for dairy.

Follow the **MyPlate** guidelines by filling the top half of your plate **with fresh fruits and vegetables**, and the bottom half of your plate with **grains and proteins** like the following examples:



Office of Disease Prevention and Health Promotion. (2019). *Healthy people 2020: Nutrition and weight status*. Retrieved from <https://www.healthypeople.gov/2020/topics-objectives/topic/nutrition-and-weight-status>

U. S. Department of Agriculture. (2018). *What is my plate?* Retrieved from <https://www.choosemyplate.gov/WhatsMyPlate>