HEALTHY INFORMATION "BITES"

EATING HEALTHIER: TIPS & TRICKS

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.

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.

CREATED BY:
LaVerne Fields, RN
Tabitha Shoda, RN
Kurtis Short, RN
Jessica Adkins, RN
Jennifer Canfield, RN

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:

BREAKFAST
- 1/4 cup raisins
- 1 glass orange juice
- 1 Tbsp peanut butter
- 1 cup oatmeal

LUNCH
- 1/2 cucumber
- 1 cup lettuce
- 1 flour tortilla
- 3 oz. canned tuna

DINNER
- 1/2 cup potatoes
- 1/2 cup mixed veggies
- 1 baked chicken breast
- 3 oz. cooked rice

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