

Healthful Eating Guide

Suggestions for Use in Training

Use this handout for group training on nutrition education.

Balance your daily food choices by selecting foods from each major food group. A varied diet provides necessary nutrients. Treat your taste buds to a variety of crunchy, juicy, and flavorful foods.

For delicious, nutritious meals:

- Pick plenty of produce. Strive for 5 to 9 servings of fruits and vegetables each day.
- Grab wholesome grains. Include at least 6 servings daily with half from whole-grain choices.
- Count on calcium-rich milk. Choose 3 servings of fat-free or lowfat milk products each day.
- Mix up meat, fish, and beans. Consume 4 to 6 ounces total of lean meat choices a day. Try to select 4 to 6 ounces of salmon, tuna, or other fatty fish several times a week, include dried beans, legumes, and peas several times a week.
- Nibble on nuts. Grab a small handful a few times a week.

Sample Day of Flavorful, Healthful Meals

Breakfast

- 1 cup cooked oatmeal
- 1 tablespoon chopped pecans
- 1/4 cup chopped dried fruit
- 1 cup fat-free milk

Lunch

- 2 cups mixed salad greens
- 1/2 cup chopped tomato, cucumber, and carrot slices
- 1 ounce turkey breast
- 1 1/2 ounces part skim mozzarella cheese
- 2 tablespoons olive oil and vinegar dressing
- 5 whole wheat crackers, shredded square type

Dinner

- 3 ounces cooked, lean ground beef
- 1 large cracked wheat hamburger bun
- Slices of red onion, tomato, and leaf lettuce
- 1/2 cup steamed broccoli

Snack

- 1 cup lowfat yogurt
- 1/4 cup blueberries
- 3 graham crackers

Healthful Eating Guide, continued

Reference:

National Food Service Management Institute. (2005). *Nutrition 101: A taste of food and fitness*. University, MS: Author.

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