

Healthy Lifestyles Workshop

Healthy Snacks and Lunches on the Go

Presented by: Tatiana Burton

Menu Planning

A NEW WAY TO LIFE

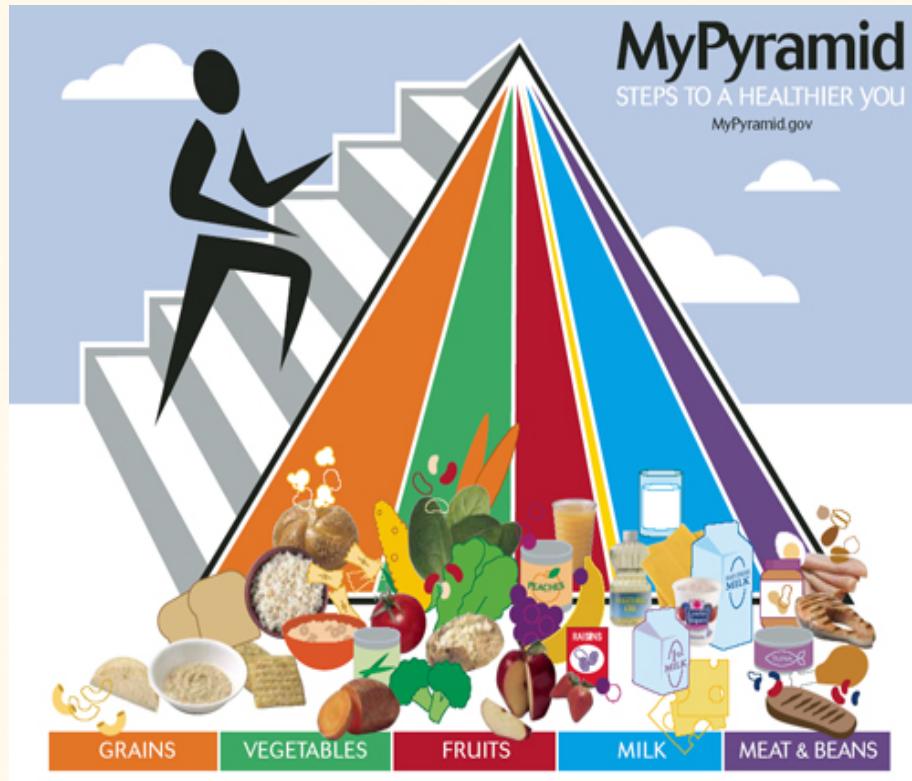
Planning Meals

Eating well takes practice and planning. A good balance of the right foods, along with regular exercise can help you feel better and stay healthier.

Create a meal plan that:

- works with your schedule
- keeps your weight on track

My Pyramid



Choose My Plate

Balancing Calories

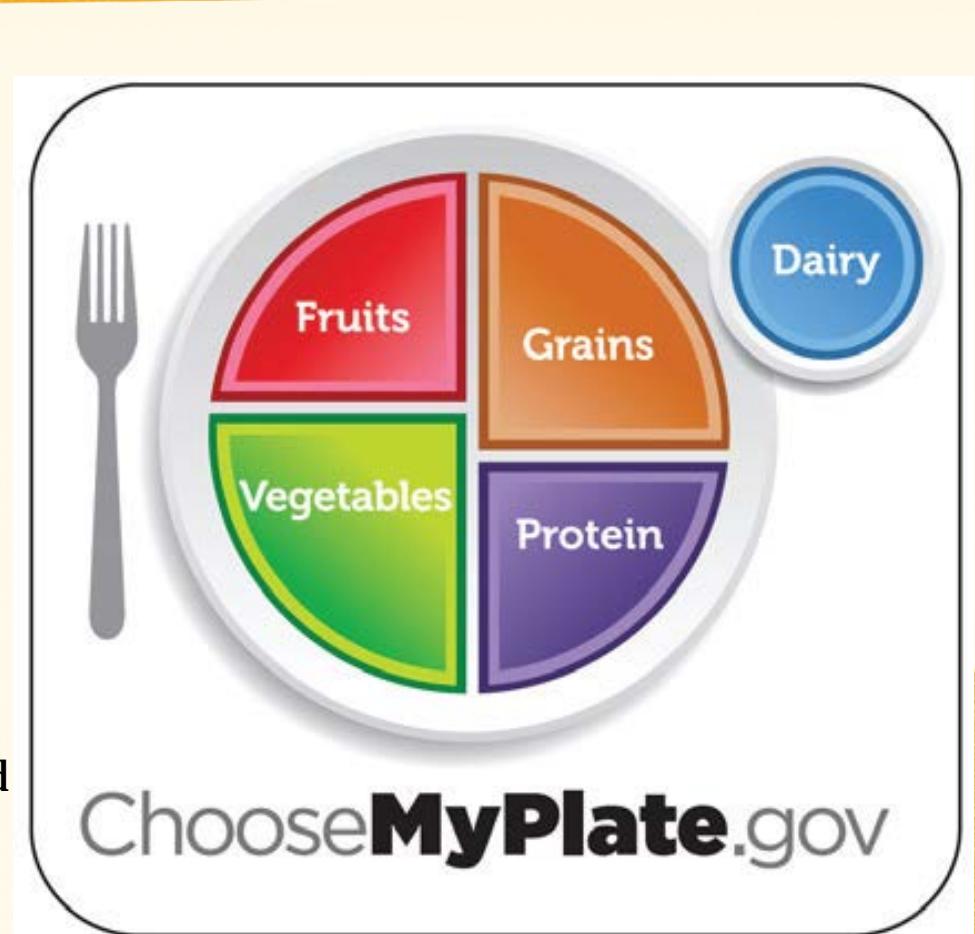
- Enjoy your food, but eat less.
- Avoid oversized portions.

Foods to Increase

- Make half your plate fruits and vegetables.
- Make at least half your grains whole grains.
- Switch to fat-free or low-fat (1%) milk

Foods to Reduce

- Those high in sodium. Compare food labels and choose the lowest.



MyPlate Servings

Recommended amounts of foods per day for each group, based on the number of calories you or your family members consume:

	1,600 Calories - Very Young Children - Some Sedentary Women	2,000 Calories - Boys 4-13 yrs - Girls 9-18 yrs - Moderately Active Women	2,400 Calories - Some Active Women - Some Sedentary Men
Grains	5 oz	6 oz	8 oz
Vegetables	2 cups	2.5 cups	3 cups
Fruits	1.5 cups	2 cups	2 cups
Dairy	3 cups	3 cups	3 cups
Protein	5 oz	5.5 oz	6.5 oz
Oils	5 tsp	6 tsp	7 tsp
Empty Calories *	120 calories	260 calories	330 calories

Smart Snacking Secrets

Snacking sometimes gets a bad rap, but snacking can be great for you when you choose sensible portions of nutritious snacks. For instance, snacks can:

- **Add good nutrition** to your eating plan by providing important nutrients and filling in food groups you missed at meals.
- **Give you fuel** to keep going through the day.
- **Dampen your appetite** so you're less likely to overeat at meals.

Follow the 5 Food Groups

Choose foods that contribute to the recommended daily food group amounts in your MyPlate eating plan.

- Whole-grain cereal, whole-grain crackers and popcorn from the **Grains Group**
- Broccoli florets, celery sticks and radishes from the **Vegetables Group**
- Apples, strawberries and raisins from the **Fruit Group**
- Reduced-fat cheese sticks and low fat or fat free yogurt from the **Dairy Group**
- Nuts, sunflower seeds and hummus from the **Protein Group**

Pack a Snack

Toss a bag of baby carrots, a yogurt cup or some grapes in your lunch bag with an ice pack.

If you're on the go all day, bring along non-perishable items such as whole-wheat pretzels, nuts or dried fruit.

Choose Nutritious Quick Picks

Choose vending machine snacks such as cereal bars, yogurt cups, small bags of nuts or trail mix, fresh fruit, fat free milk or 100% fruit juice.

At the drive through, look for small green salads or fruit salads, bags or cups of fruit, or small cups or cones of low fat frozen yogurt or reduced-fat ice cream.

Build a Healthy Meal

Tips for Healthy Meals

Recipes for Healthy Kids

- [Recipes for Healthy Kids](#)
- [Kraft Recipes – kid-friendly](#)