

### Questions:

1. What did you have for dinner last night?
2. Do you have a veggie with dinner every night?
3. Is there a food group that you avoid eating?
4. Do you eat fruit at lunch?

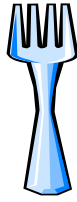
## THE BALANCING ACT

Grow up strong and healthy by making sure you eat the right balance of foods each day. Your body needs different kinds of fuels to run, and different kinds of building blocks to grow. You get these from the foods you eat. “Balanced eating” means eating the right *variety* of foods each day so you grow strong and healthy, prevent disease, and are full of energy all day long.

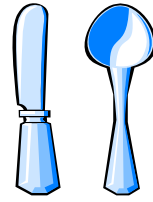
**All kids should eat something from each of these food groups daily:**

Food group	Examples	Why do we need it?
<b>Protein</b>	Fish, meat, milk, yogurt, peanut butter, nuts, beans, eggs, tofu	<ul style="list-style-type: none"><li>• Proteins are used to build new cells in the body – especially important for growing kids!</li><li>• Proteins are also used for repair and maintenance of <i>every</i> part of the body.</li></ul>
<b>Carbohydrates or whole grains</b>	Bread, cereal, pasta, rice, beans, and starchy vegetables (e.g. potatoes, corn)	<ul style="list-style-type: none"><li>• Carbohydrates are your body’s energy source! If your body were a car, carbohydrates would be the gas.</li></ul>
<b>Dairy</b>	Milk, cheese, yogurt	<ul style="list-style-type: none"><li>• Dairy foods contain calcium, which is <i>the</i> essential building block of growing bones!</li></ul>
<b>Fruits and vegetables</b>	Apples, oranges, watermelon, asparagus, squash, lettuce, spinach	<ul style="list-style-type: none"><li>• Fruits and vegetables are <i>packed</i> with fiber and so many essential vitamins and minerals your body needs that we can’t even list them all here!</li></ul>
<b>Fats</b>	Fish, olive oil, peanut oil, nuts, soybeans	<ul style="list-style-type: none"><li>• Fats are confusing because some are super healthy and some are super unhealthy. Healthy fats keep your blood flowing smoothly (like motor oil for your arteries and veins) and help your cells grow.</li></ul>
<b>Water</b>	Your faucet, your bathtub, rain-clouds, the ocean, and your toilet bowl (but don’t drink from all these!)	<ul style="list-style-type: none"><li>• Your body is 50-75% water! Water is the magic liquid that moves nutrients through your body, cleans out waste, keeps your body the right temperature through sweat and breath, and helps all your body parts run smoothly.</li></ul>





# THE BALANCING ACT



Make your plate a healthy plate!

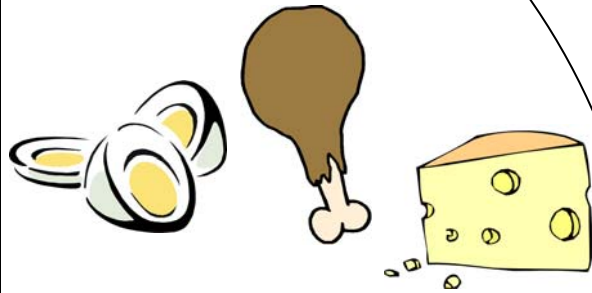
## Beverage (1 cup)



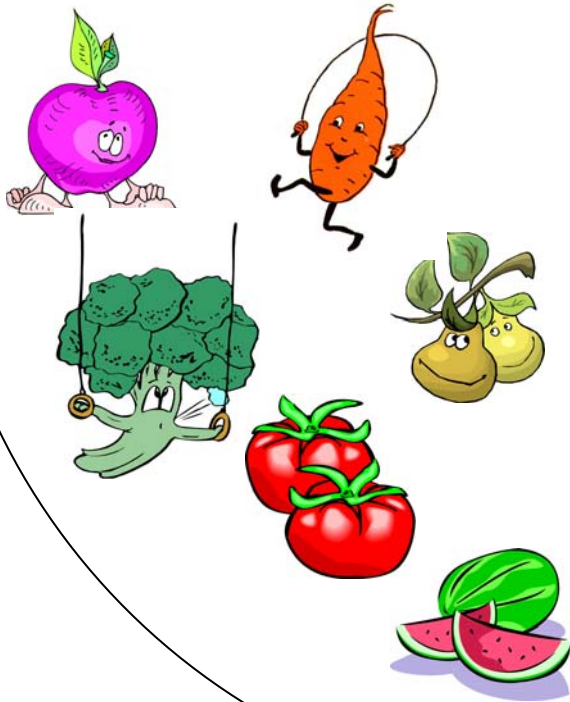
### Healthy Fats



### Lean Protein ( $\frac{1}{4}$ Plate)



### Fruit and Vegetables ( $\frac{1}{2}$ Plate)

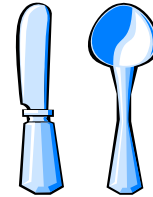


### Whole Grains ( $\frac{1}{4}$ Plate or $\frac{1}{2}$ cup)





# THE BALANCING ACT



Make your plate a healthy plate!

## Highlight Your Plate

### Beverage (1 cup)



### Healthy Fats

Olives (6)  
 Salad dressing, light (2 Tbsp.)  
 Olive or canola oil (2 tsp.)  
 Nuts (2 Tbsp)  
 Seeds (2 Tbsp)  
 Almond or peanut butter (2 tsp)  
 Avocado (3 Tbsp)

### Fruit and Vegetables (1/2 Plate)

#### Fruit

Apple  
 Apricot  
 Berries  
 Cantaloupe  
 Cherries  
 Clementine  
 Grapefruit  
 Grapes  
 Kiwi  
 Peach  
 Pear  
 Plum  
 Watermelon

#### Vegetables

Asparagus  
 Green beans  
 Broccoli  
 Brussels sprouts  
 Carrots  
 Cauliflower  
 Eggplant  
 Salad  
 Peppers  
 Snow peas  
 Spinach  
 Tomatoes  
 Zucchini

### Lean Protein (1/4 Plate)

Beans  
 Cheese, low fat  
 Eggs  
 Fish  
 Poultry  
 Beef  
 Shellfish  
 Soy products  
 Yoghurt or Milk

### Whole Grains (1/4 Plate or 1/2 cup)

Bread  
 Rice  
 Cereal  
 Pasta  
 Potato  
 Peas  
 Corn  
 Squash  
 Yams  
 Plantains



## My new goals...

Now that I know this information, what am I ready and willing to change in my day to make me healthier? (Add these goals to your Goal Sheet.)

- Eat at least one veggie at every dinner.**
- Eat at least one veggie at every lunch.**
- Eat only have one grain at dinner.**
- Get a ½ plate veggies at dinner.**
- If I get seconds at dinner, I'll eat more veggies.**
- Other:**

