



# PLANNING TO EAT HEALTHY



## 1 BREAKFAST

Did you know that eating a healthy breakfast every day is one of the healthiest choices you can make? It can set you up for success all day long!

**TRY THIS:** Make a basic weekday plan that includes quick and easy choices. Aim for foods that provide protein and whole grain. Options include whole-wheat toast, bran cereals, low-fat milk or yogurt, natural peanut butter, hard-boiled eggs, or blended smoothies! Try adding fruits to cereal or low-fat cottage cheese.

Weekdays

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

Saturday

.....

.....

.....

.....

.....

.....

Sunday

.....

.....

.....

.....

.....

.....

**TIP:** Eggs are a healthy food choice when served in moderation (3 or 4 eggs per week) due to the yolks which contain a high amount of cholesterol. Serving eggs for breakfast on the weekend might be a great strategy for your family.

## 2 LUNCH

If your kids are eating school lunches, teach and encourage them to make healthy choices, a good strategy for everyone who eats outside of the home. Packing healthy lunches is another option and a money saver.

**TRY THIS:** Many schools make their lunch menus available. Spend time reviewing the menu options with your kids and together plan ahead for choices they can make while in the school lunch line.

Weekdays

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

Saturday

.....

.....

.....

.....

.....

.....

Sunday

.....

.....

.....

.....

.....

.....

**TIP:** A late big breakfast or brunch on the weekends might leave you feeling full for longer than usual, in which case a light soup and salad combo may be just the mid-afternoon ticket on the weekends.





# PLANNING TO EAT HEALTHY



Continued

## 3 SNACKS

As you think about snacks, try to find ways to serve a whole grain and a protein for a great way to keep everyone going strong throughout the day. Fruits and veggies also make great snacks.

**TRY THIS:** Some rich sources of protein that make great snack ingredients include no-sugar-added peanut butter, cheese, yogurt, hummus, nuts and whole-grain products.

Whole grains: ..... .....	Fruits & vegetables: ..... .....
Proteins: ..... .....	Special treats: ..... .....

It is ok to plan for some special treats too! What would life be without the occasional chocolate chip cookie and glass of milk?

## 4 DINNER

For many families, dinner tends to involve more planning. Not every meal has to include all the major food groups, but aim to include veggies at dinner. For your healthiest options, try to select vegetables that are bright in color like carrots, squash or broccoli, and when serving potatoes or corn consider them a starch. As starches, they can be listed here under "other."

Planning for small salads with dinners? Darker leafy greens are healthier options than iceberg lettuce. Top off your salads with color by adding fruits and veggies.

**TRY THIS:** It's easy to add veggies! Fill your soups, sauces, stews or chili with more vegetables. You can try finely chopping or pureeing them so they'll blend better—and your kids might not even know they are there!

Day:	Fruits & vegetables:	Protein:	Whole grains:	Other:
Day:	Fruits & vegetables:	Protein:	Whole grains:	Other:
Day:	Fruits & vegetables:	Protein:	Whole grains:	Other:
Day:	Fruits & vegetables:	Protein:	Whole grains:	Other:
Day:	Fruits & vegetables:	Protein:	Whole grains:	Other:
Day:	Fruits & vegetables:	Protein:	Whole grains:	Other:
Day:	Fruits & vegetables:	Protein:	Whole grains:	Other:

