



Healthy Eating for a Lifetime: Using foods from an emergency food assistance program to create a balanced diet.

Eating a healthy diet is one of the most important things you can do for your overall health. Alternating your food choices to include servings from all food groups will help to create a balanced diet.

Focus on Fruits

Eat a variety of fruits every day. Consider fresh, frozen, canned or dried varieties.

- **Dried**
 - apricots
 - cherries
 - cranberries
 - raisins
- **Canned**
 - applesauce
 - peaches
 - pears
 - pineapple
- **100% Fruit Juice**
 - orange juice
 - apple juice
 - grapefruit juice
 - cranberry juice

Vary Your Veggies

Vary your veggies—aim for various colors and shapes.

- **Canned**
 - green beans
 - corn
 - pumpkin
 - potatoes
 - tomato sauce/soup
 - vegetable soup
- **100% Vegetable Juice**
 - tomato juice

Get Your Calcium-Rich Foods

Choose low-fat or fat-free milk or an equivalent of low-fat dairy everyday.

- **Dry**
 - shelf stable milk
- **Canned**
 - pudding



Go Lean with Protein

Select lean meats, poultry, or beans—bake it, broil it, or grill it.

- **Canned**
 - tuna
 - beef
 - turkey breast
 - pork
- **Dry**
 - beans (lima, kidney, pinto, northern)
 - peanut butter
 - egg mix

Make Half Your Grains Whole

Include a variety of grains daily, especially whole grains which are a good source of fiber.

- **Dry**
 - cereal (bran flakes, corn flakes)
 - bread (whole wheat, whole grain)
 - tortillas (whole grain)
 - pasta (whole wheat)
 - rice (brown)

Know the Limits on Salt, Fat and Sugar

Choose and prepare foods with little salt, fat and sugar.

- **Salt:** Pass on the salt shaker and rinse canned vegetables with water before eating.
- **Fat:** Use oil based dressings and spreads instead of butter, lard or margarine.
- **Sugar:** Eat canned fruit (packed in juice) for dessert instead of cookies, cake or pie.

Designing Your Meal: Sample Menu

Serving for 1



Breakfast

1 1/2 cups ready-to-eat cereal (grain group)
1 cup reconstituted dry milk (milk group)
3/4 cup fruit juice (fruit group)



Lunch

4 Tablespoons peanut butter (meat and beans group)
2 slices wheat bread (grain group)
1/2 cup canned fruit (fruit group)
1 cup pudding (milk group)
1 cup milk (milk group)



Dinner

5 oz lean meat (meat and beans group)
1 cup boiled potatoes (vegetable group)
1 cup cooked vegetables (vegetable group)
1 slice whole wheat bread (grain group)
1 cup milk (milk group)

Snack

Source:

www.mypyramid.gov

1/2 ounce nuts (meat and beans group)
1/2 cup raisins (fruit group)

What do the claims mean? Reading the Nutrition Facts Label

Low Calorie: 40 calories or fewer per serving

Reduced calorie: at least 25% fewer calories than the regular version of the food item

Fat-free: less than 0.5 grams of fat per serving

Reduced fat: at least 25% less fat than the regular version of the food item

Low-fat: 3 grams of fat or fewer per serving

Cholesterol free: fewer than 2 milligrams of cholesterol and no more than 2 grams of saturated fat per serving

Sodium free: fewer than 5 milligrams of sodium per serving

Low sodium: fewer than 140 milligrams of sodium per serving



Source: U.S. Department of Health and Human Services: www.cfsan.fda.gov/label.html