

HEALTHY EATING 101

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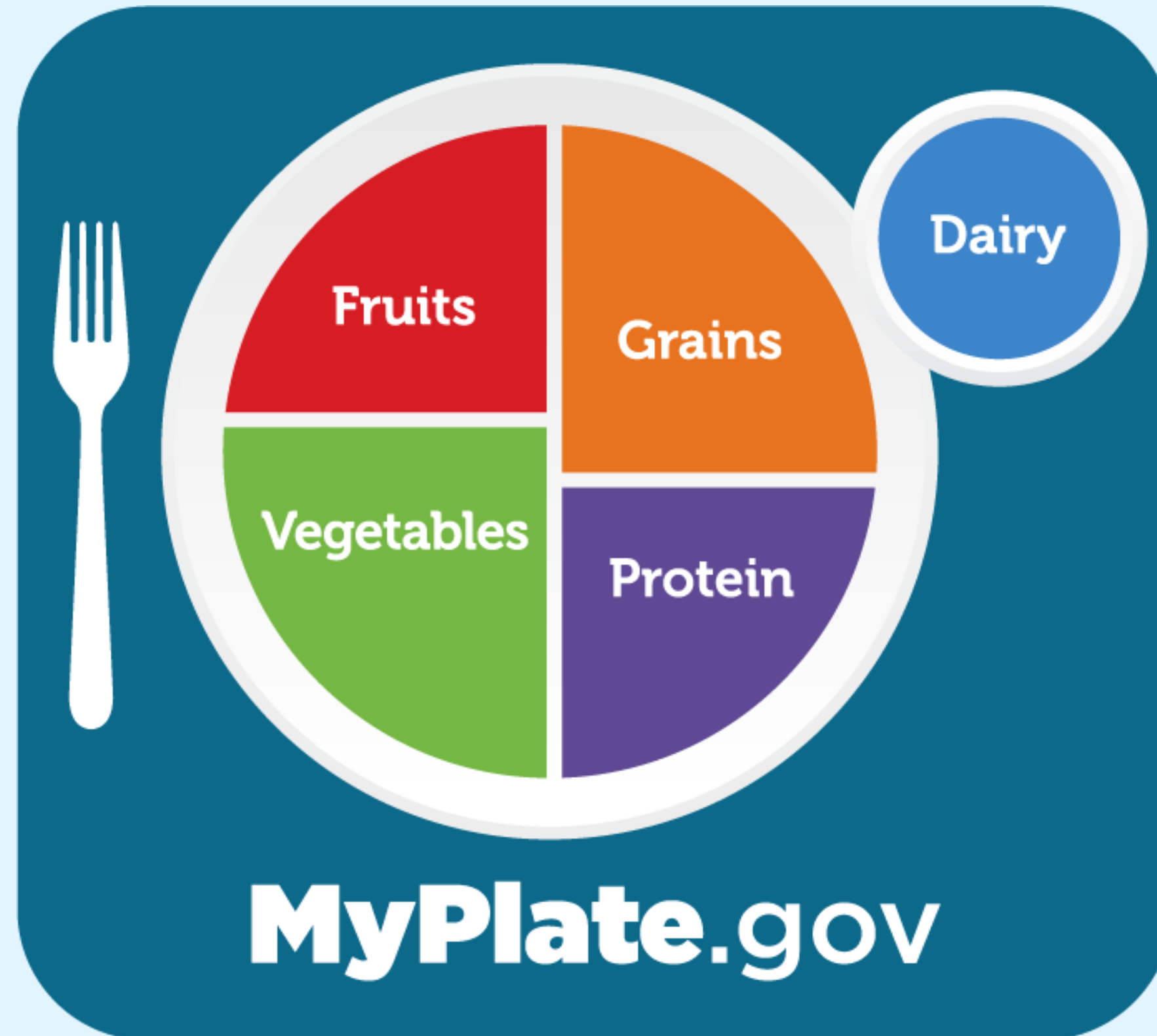
GOALS:

- Define "healthy foods."
- Identify tips to include healthy food more easily into your diet.

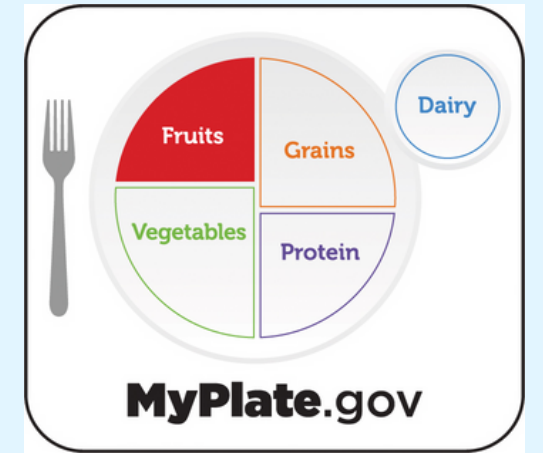
AGENDA:

1. What is Healthy Food? MyPlate overview
 - a. Activity
2. Healthy Food on a Budget- Tips
3. Tasting!

WHAT IS "HEALTHY FOOD"?



FRUITS



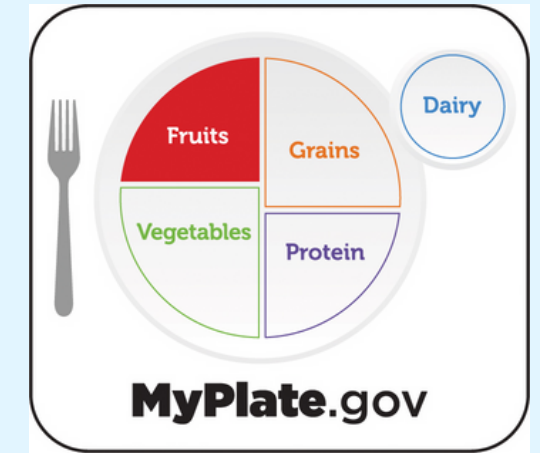
Benefits:

- Potassium
- Dietary Fibers
- Vitamin C



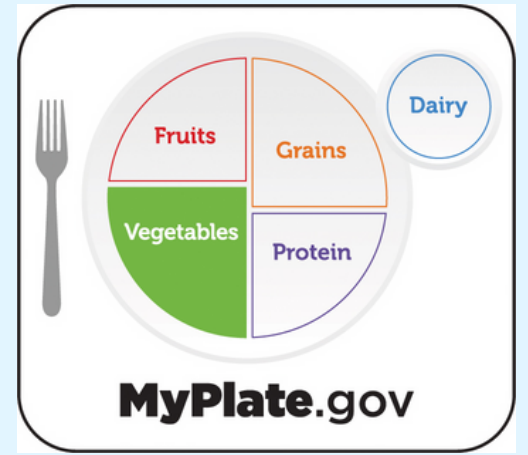
2 cups/day!

FRUITS





VEGETABLES



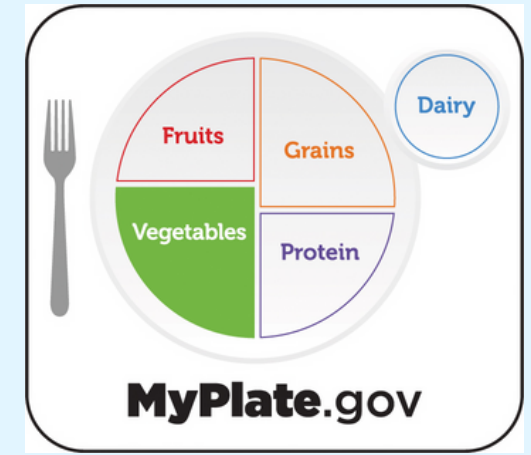
Benefits:

- Potassium
- Dietary Fibers
- Vitamin A
- Vitamin C

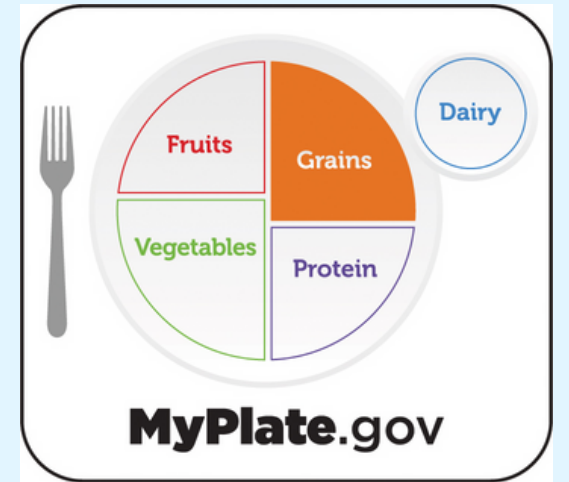


2 1/2 cups/day!

VEGETABLES



GRAINS

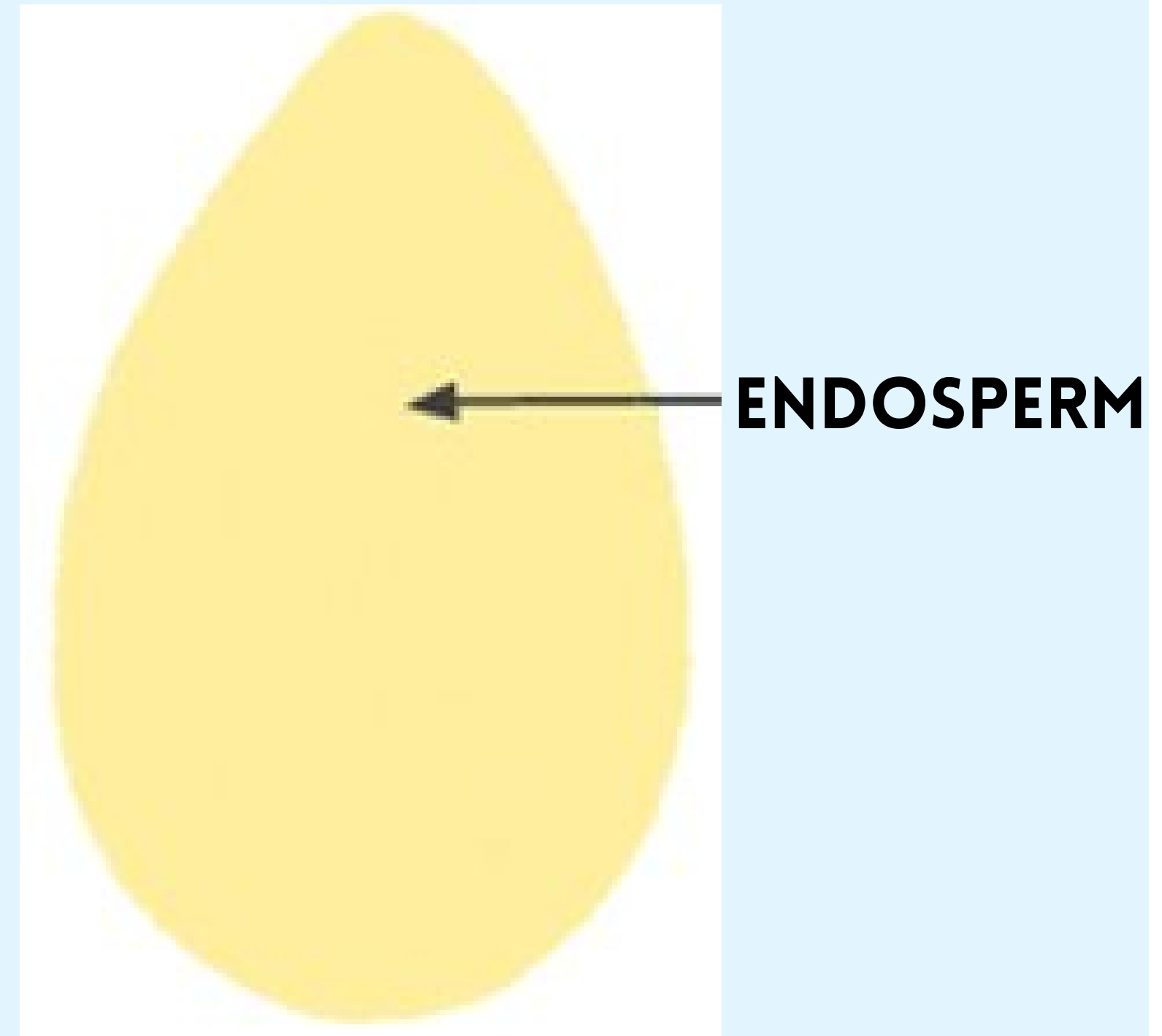
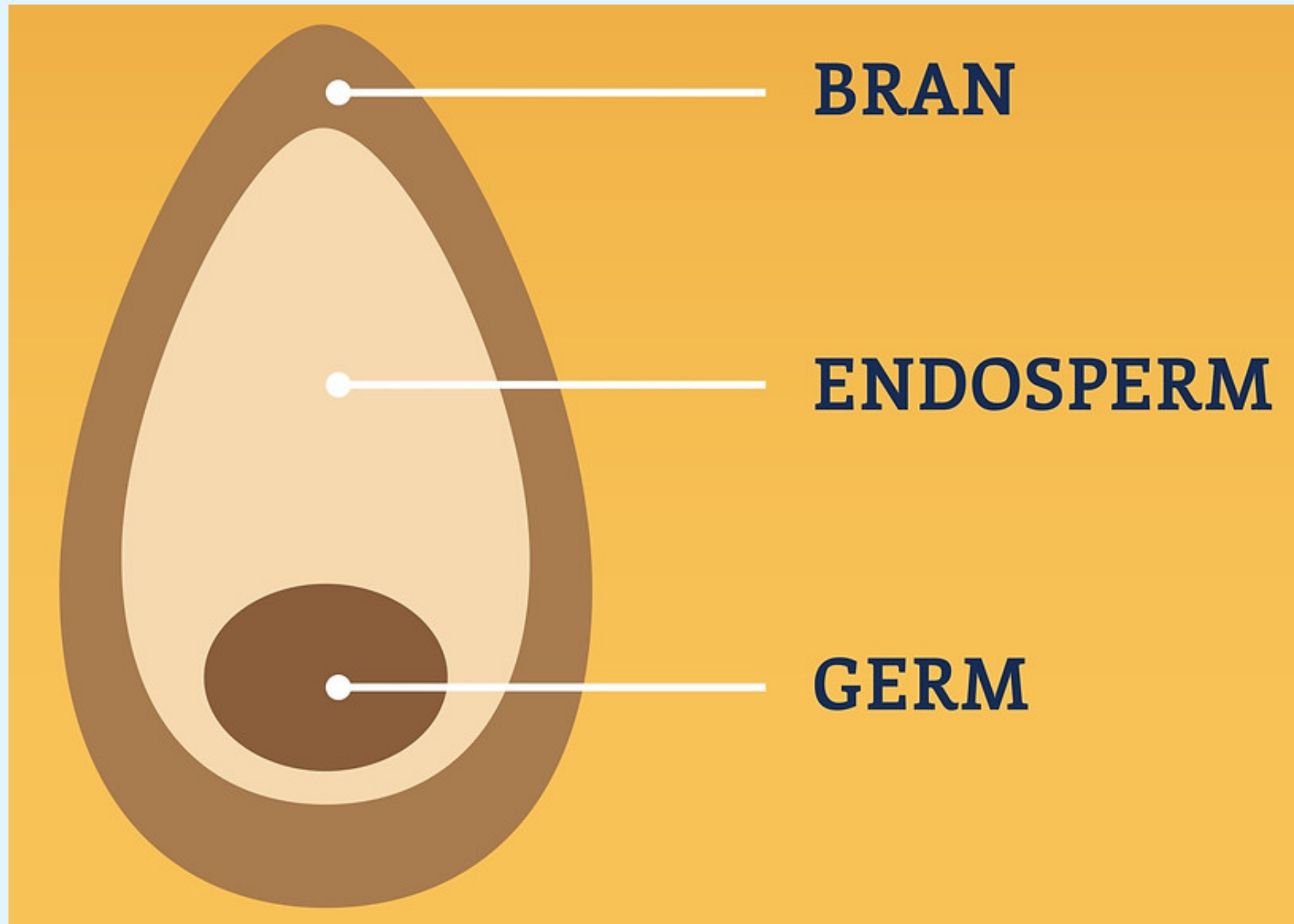
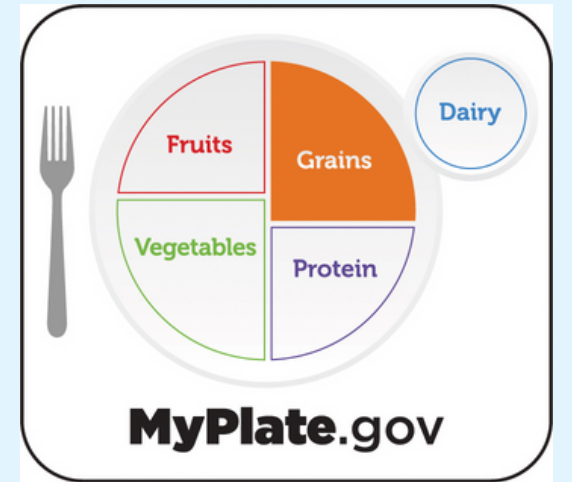


-whole grains

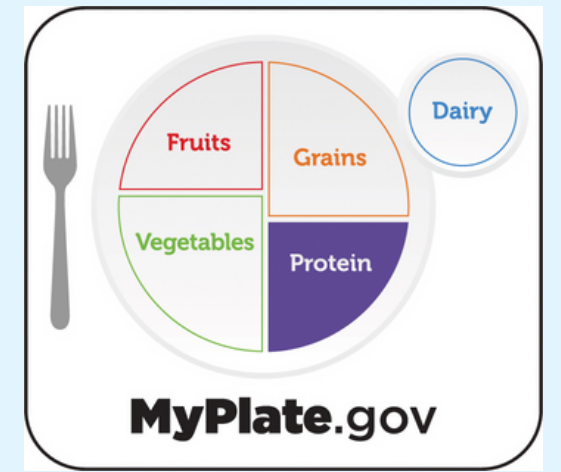


1/2 your grains =
whole grains!

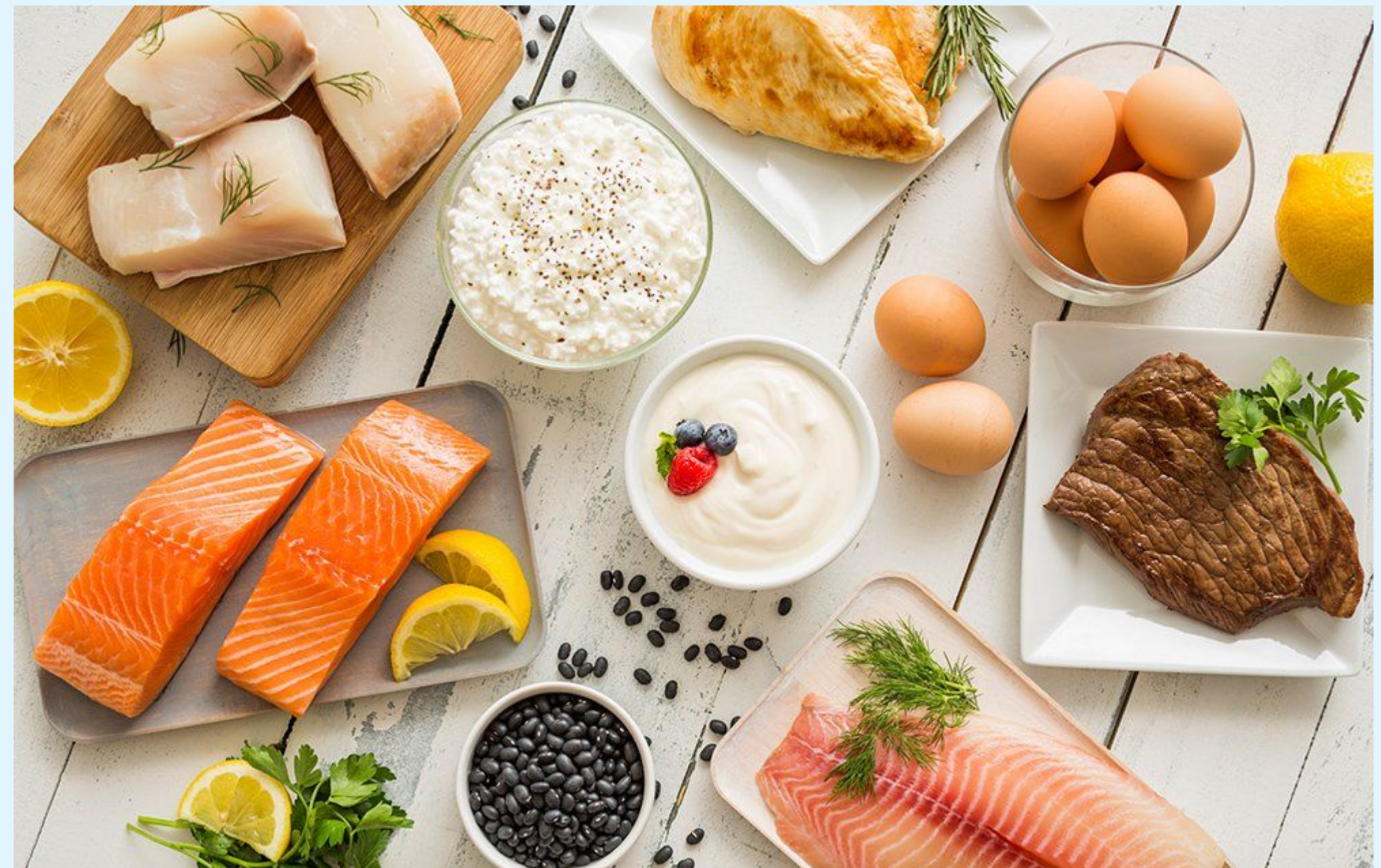
GRAINS



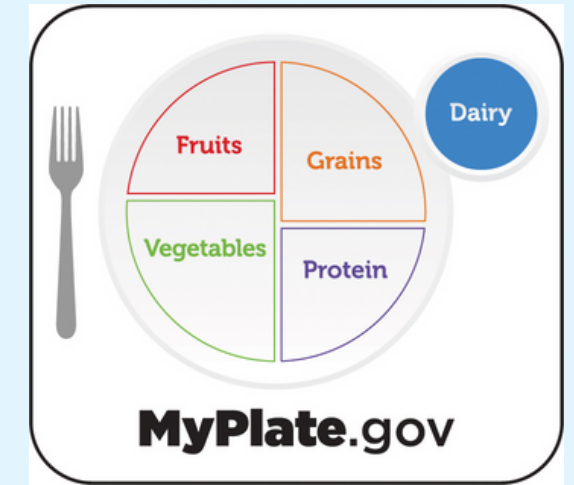
PROTEIN



- lean meat
- beans, tofu
- canned meat



DAIRY

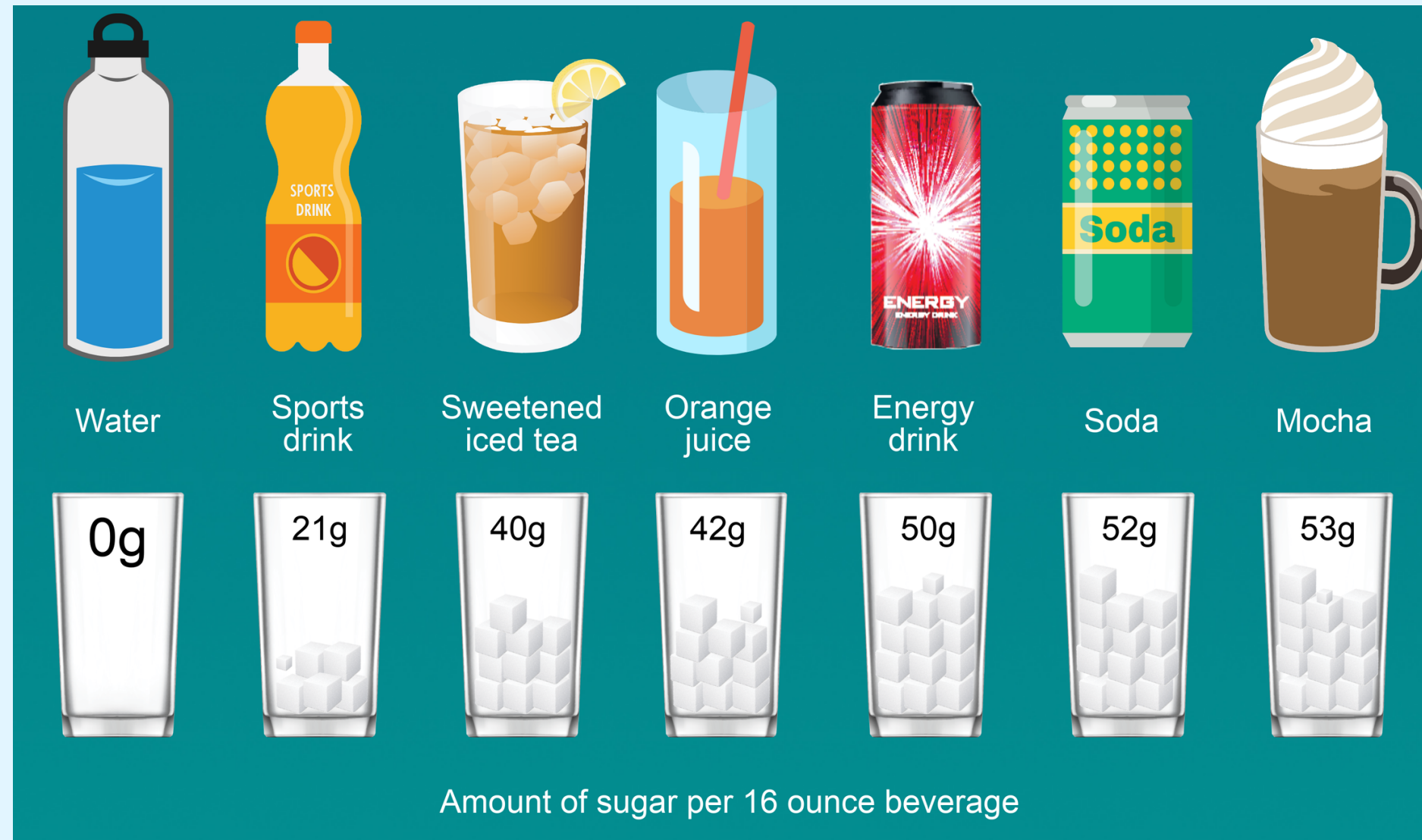


- Calcium
- Vitamin D
- Protein
- low fat,
non fat



WATER

-Limit sugary drinks





Water



Sports drink



Sweetened iced tea



Orange juice



Energy drink



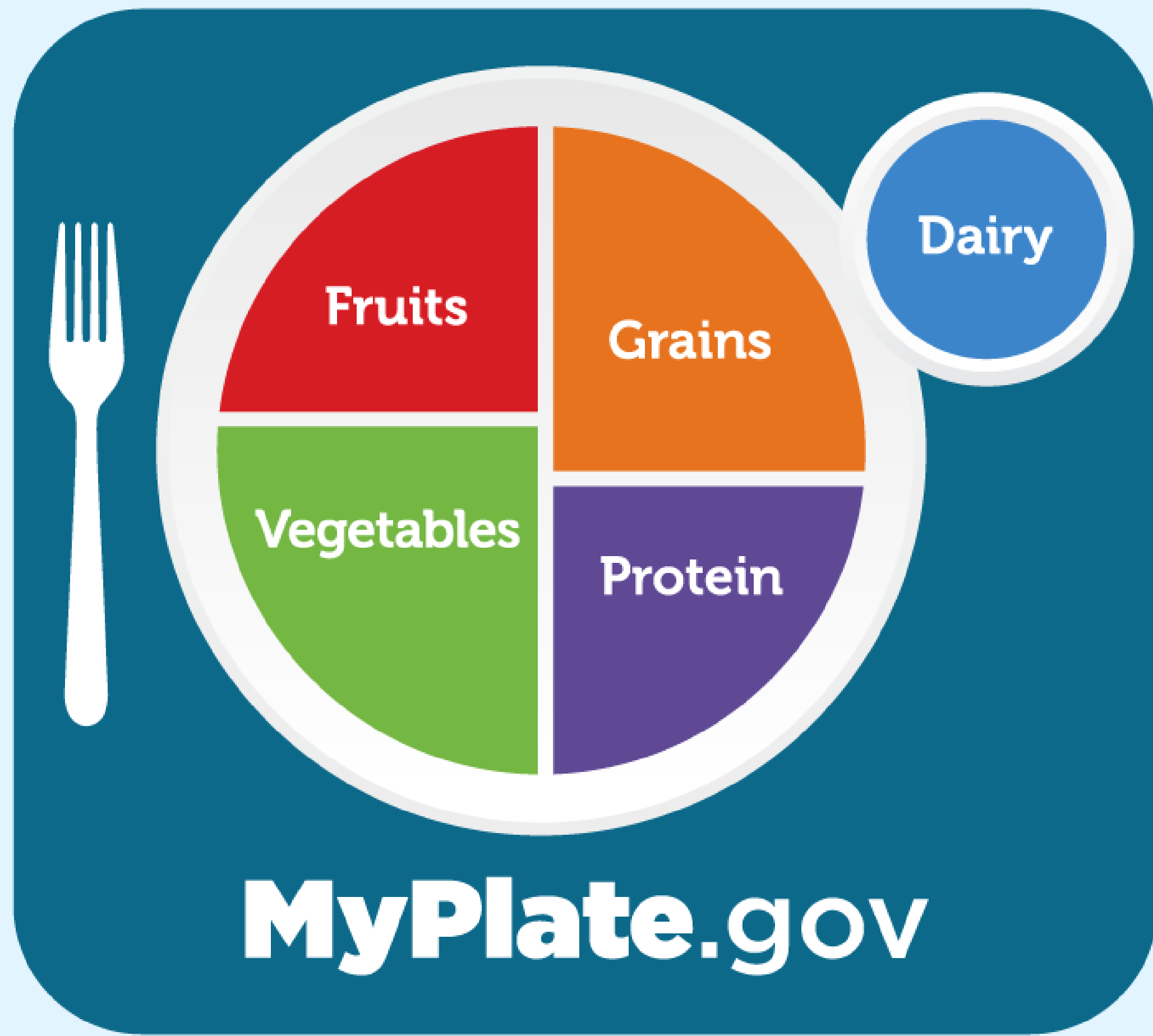
Soda



Mocha



Amount of sugar per 16 ounce beverage



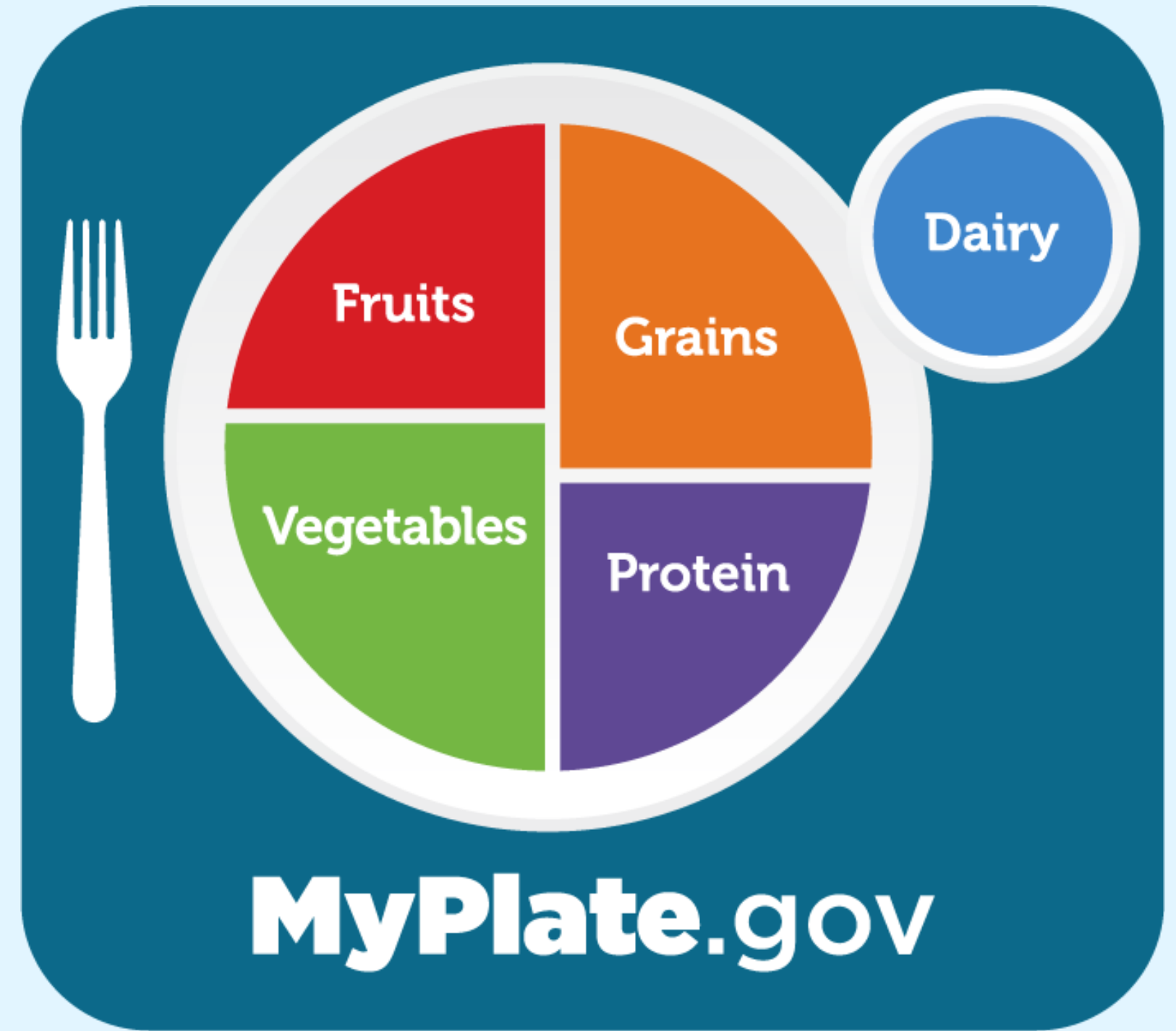
MyPlate.gov

Any questions ??



ACTIVITY:

1. Create a menu for lunch using the food cards provided.



TIPS FOR SAVING MONEY AND SHOPPING HEALTHY



TIP #1: Buy in season



Fruits in Season

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Apples	●	●	●					●	●	●	●	●
Apricots						●	●					
Asian Pears								●	●	●		
Blackberries							●	●	●			
Blueberries						●	●	●	●			
Cantaloupes							●	●	●			
Cherries						●	●					
Grapes								●	●			
Honeydew							●	●	●			
Nectarines							●	●	●			
Peaches							●	●	●			
Pears								●	●	●		
Plums							●	●	●	●		
Raspberries						●	●	●	●	●		
Strawberries					●	●						
Watermelon							●	●	●			

● Product is harvest
 ● Product is available either through storage or green house production

Vegetables in Season

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Asparagus				●	●	●						
Beans, Green/ Snap						●	●	●	●			
Beans, Lima							●	●	●			
Beets							●	●	●			
Broccoli					●	●				●	●	
Brussel Sprouts									●	●	●	
Cabbage						●	●		●	●		
Carrots							●	●	●	●	●	
Cauliflower					●	●					●	●
Chard						●			●	●	●	
Collards						●	●	●	●	●	●	
Corn						●	●	●	●	●	●	
Cucumbers	●	●	●	●	●	●	●	●	●	●	●	●
Eggplant							●	●	●			
Herbs					●	●	●	●	●	●		
Garlic						●		●	●			
Kale					●	●				●	●	
Lettuces	●	●	●	●	●	●	●	●	●	●	●	●
Mushrooms	●	●	●	●	●	●	●	●	●	●	●	●
Okra							●	●	●			
Onions					●	●				●	●	
Peas						●	●		●	●		
Peas, Black-eye							●	●				
Peppers							●	●	●			
Radishes					●	●			●	●	●	
Potatoes						●	●	●	●			
Pumpkins									●	●	●	
Soybeans, Edaname									●	●		
Spinach					●	●			●	●	●	
Squash, Summer						●	●	●	●	●		
Squash, Winter								●	●	●	●	
Sweet Potatoes									●	●	●	●
Turnips					●	●			●	●	●	
Tomatoes	●	●	●	●	●	●	●	●	●	●	●	●

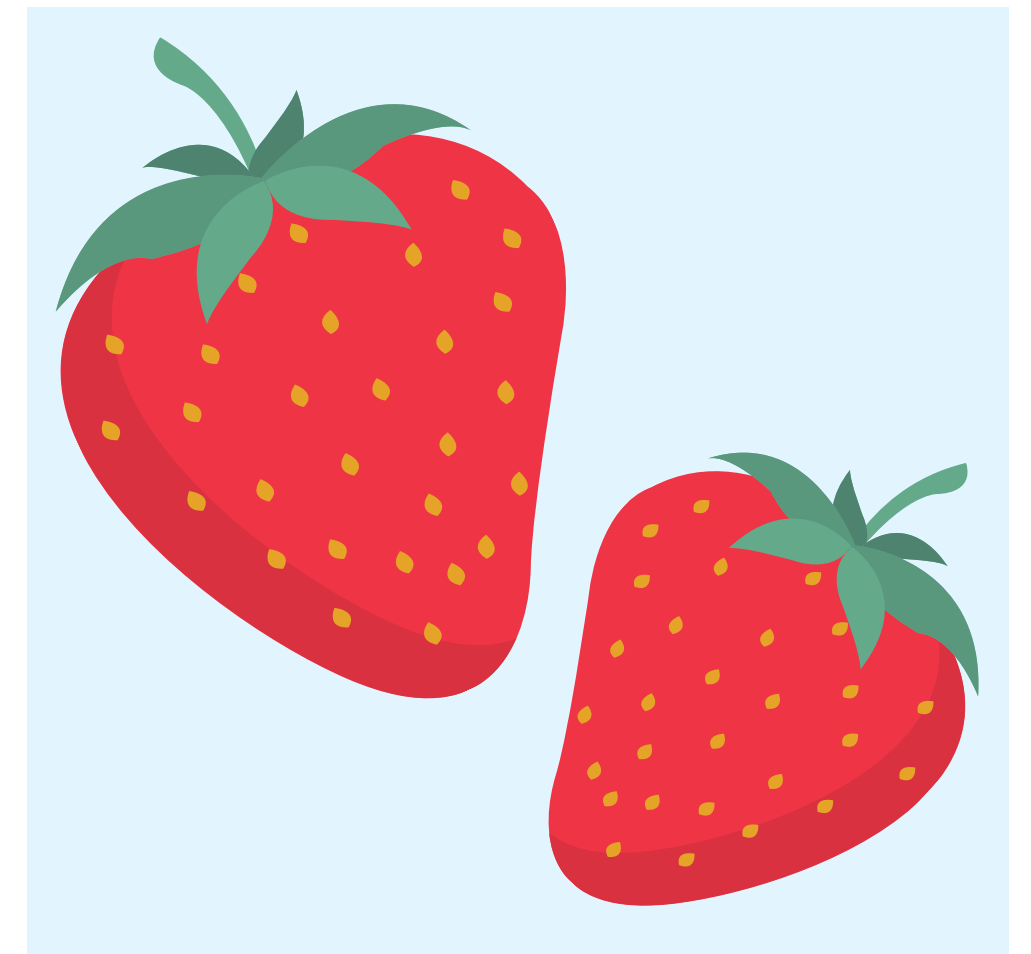
 Product is harvest
 Product is available either through storage or green house production

TIP #1: Buy in season

Strawberries: *USDA 2021*

Summer (in season) \$2.25
per 12 oz.

Winter (out of season) \$3.29
per 12 oz.



TIP #2: Canned and Frozen are OK





Canned Fruit 5 Ways



**use fruit canned in 100% juice*

Smoothies

Adding canned pineapples, peaches and pears can add more variety to smoothies in the winter months. Add both the canned fruit and the juice with ice and milk or yogurt to boost calcium and protein.



Salads

Canned pears or mandarin oranges are a great way to add some color and sweetness to your salad. The juice from the canned fruit can be used as the base for a salad vinaigrette dressing to bring out more flavor.

Stir Fry

Canned pineapple and mandarin oranges make a delicious addition to a stir fry. Simmer the juice with some low sodium soy sauce for a flavorful sauce. Try it with chicken, turkey, or tofu and brown rice. Add your favorite canned vegetables for a quick, weeknight meal.

Baked and Broiled

Canned fruits like pineapple, peaches, and pears taste great when baked or broiled in the oven. Drain the juice and pat the fruit dry with a paper towel. Spray a baking pan with non cooking oil spray. Bake or broil until fruit is warmed through or until edges of fruit begin to turn golden brown. Serve as a healthy dessert.



Parfaits

Make a parfait with canned fruit as the star! Layer low fat yogurt, crunchy cereal, and drained, canned fruit. Let kids help make this for breakfast or snack. Save the juice from the can and add it to sparkling water for a refreshing low-calorie drink.



Canned Vegetables 5 Ways



Dips and Spreads:

Canned vegetables, blended with canned beans make a quick and easy dip for whole grain crackers or tortilla chips, or cut veggies. Drain and rinse the canned beans and canned veggies before blending with spices like garlic or onion powder. Add a tablespoon or two of vegetable or olive oil for a smoother texture.

Try these combos

- Canned, diced tomatoes and garbanzo or navy beans
- Black beans with canned jalapenos or green chili peppers
- Canned peas, avocado, garlic powder and lime juice

Sheet Pan Meals

Cook chicken, turkey cutlets, or fish on a baking pan. For the final 15-minutes of cooking, add drained, canned vegetables like peas and carrots, sweet potatoes, diced tomatoes, or lima beans to complete your easy to clean-up meal.

Super Soups and Stews

No time to peel and chop fresh vegetables for soup or stew? Add canned vegetables for great flavor and to stretch meals farther. Canned tomatoes, canned pumpkin or squash, mixed vegetables, carrots, corn or potatoes are all great add-ins! Since these veggies are already cooked, just add them in for the final 15 minutes of cooking.

Healthy Toddler Snacks

Little ones can practice using their fingers to pick-up these tasty snacks, one by one. Serve some drained, canned veggies like diced carrots, cut green beans, and peas to toddlers for a healthy snack. Vegetables are already cut into bite-sized pieces and are soft to chew.

Eggs and Omelettes

Add canned vegetables like spinach, green chilis, jalapenos, and diced tomatoes to scrambled eggs or to make a flavorful omelette. Sprinkle on low fat, shredded cheese just before serving. Eggs are a low-cost main-dish option for breakfast, lunch, or dinner!

TIP #3: Note unit pricing



TIP #3: Note unit pricing



$$\frac{\$1.00}{16 \text{ oz.}}$$



16 cents
per ounce



$$\frac{\$1.35}{28 \text{ oz.}}$$



4 cents
per ounce

TIP #3: Note unit pricing

A.



6 OZ LOWFAT YOGURT	
Unit Price	You Pay
\$0.12	\$0.72
Per oz	

B.



32 OZ LOWFAT YOGURT	
Unit Price	You Pay
\$0.05	\$1.62
Per oz	

OTHER TIPS!

- Use SNAP, WIC checks, FMNP at the farmer's market
- Avoid pre-cut/pre-made items
- Look up or down for lower cost brands on the shelf

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