



# Healthy Eating

Healthy eating is all about choosing the right foods at the right times, in order to keep our bodies in balance throughout the day. We need macronutrients, such as proteins, carbohydrates, and fats, in addition to micronutrients like vitamins and minerals to best fuel our bodies.

## Why eat healthy?

A balanced diet, with variety and moderation, gives us energy, stabilizes our mood, and is essential to our overall growth. For example, eating a healthy breakfast with protein and several food groups can start us out on the right foot each day.

Providing a healthy diet for one's family can sometimes be difficult, but by focusing on healthy choices that can reasonably be accommodated, we can feel our best and perform on daily tasks at the highest level.

## Building a healthy diet

We want to eat a variety of foods, not only to stay healthy, but to keep our meals interesting and flavorful.



A good rule to have when building a well rounded meal is to have half our plate filled with colorful fruits and vegetables and the other half with whole grains and healthy proteins.



Whole grains are minimally processed foods such as brown rice, whole-grain pasta, and wheat bread.



Healthy proteins are foods such as beans, nuts, fish, eggs, and chicken.

## Tips for kids

**Have a Snack!** → Eating every 3-5 hours keeps our brains sharp all day, while also preventing over-eating at the next meal. Try a protein + carbohydrate snack such as yogurt and granola or cheese and crackers.

**Limit Processed Foods** → Food items like a bag of chips or anything that was made in a big factory are likely to have tons of added sugar and sodium. While it's okay to treat yourself from time to time, don't get in the habit of having too much artificial food.

**Mix It Up!** → The more color and variety on your plate, the better. Put yourself outside your comfort zone and don't be afraid to try new foods. Your body loves when you feed it different nutrients.

## Tips for parents

**Prioritize Family Meals** → Make time to eat together at the table. Eating with people you love and trust provides comfort for children and makes them more likely to try new foods.

**Get the Kids Involved** → Let the kids choose what's for dinner a few times a week. Also encourage them to help out cooking, when possible.

**Be a Role Model** → Kids are constantly watching their parents. Make healthy food choices yourself and your kids will be more inclined to follow.