

Healthful Eating Guide

Suggestions for Use in Training

Use this handout for group training on nutrition education.

Basic nutrition guidance has withstood the test of time. Balance your daily food choices by selecting foods from each major food group. A varied diet provides necessary nutrients. Treat your taste buds to a variety of crunchy, juicy, and flavorful foods.

For delicious, nutritious meals

- Pick plenty of produce. Strive for 5–9 servings of fruits and vegetables each day.
- Grab wholesome grains. Include at least 6 servings daily, with half from whole-grain choices.
- Count on calcium-rich milk. Choose 3 servings of fat-free or lowfat milk products each day.
- Mix up meat, fish, and beans. Consume 4–6 ounces total of lean meat choices a day. Try to select 4–6 ounces of salmon, tuna, or other fatty fish a few times a week. Include dried beans, legumes, and peas several times a week.
- Nibble on nuts. Grab a small handful a few times a week.

Sample Day of Flavorful, Healthful Meals

Breakfast

- 1 cup cooked oatmeal
- 1 tablespoon chopped pecans
- 1/4 cup chopped dried fruit
- 1 cup fat-free milk

Lunch

- 2 cups mixed salad greens
- 1/2 cup chopped tomato, cucumber, and carrot slices
- 1 ounce turkey breast
- 1 1/2 ounces part skim mozzarella cheese
- 2 tablespoons olive oil and vinegar dressing
- 5 whole wheat crackers, shredded square type

Dinner

- 3 ounces cooked, lean ground beef
- 1 large cracked wheat hamburger bun
- Slices of red onion, tomato, and leaf lettuce
- 1/2 cup steamed broccoli

Snack

- 1 cup lowfat yogurt
- 1/4 cup blueberries
- 3 graham crackers



Healthful Eating Guide *continued*

Source: National Food Service Management Institute. (2005). *Nutrition 101: A taste of food and fitness*. University, MS: Author.

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