

EAT HEALTHY · MOVE MORE · LIVE WELL



Eat Better with Your Family



Healthy eating can make a big difference

Follow these food tips for your health!

Start by eating healthy

Shop the fresh food aisles around the store edges. Skip the packaged-food aisles.

Choose grilled, baked, broiled, or steamed foods instead of fried.

Eat vegetables, fruits, and whole grains.

Keep calories in mind. Keep track by writing down what you eat and drink.

Use smaller plates, bowls, and glasses for portion control.

Eat more plant-based meals – vegetables, beans, or lentils instead of meat.

Look on food labels for “low sodium (salt).”

Fix healthy snacks like fruit, veggies, or unsalted nuts or seeds. Try fresh fruit, fruit yogurt smoothies, or baked apples with cinnamon for dessert.

Eat foods with unsaturated fats like seafood, avocados, and most nuts and seeds.



Small changes
in your diet can help prevent chronic diseases like obesity, heart disease, high blood pressure, and Type 2 diabetes!



Shop for food with your kids – and let them pick healthy food for the cart.



Be a good food role model for kids

Let your kids see you eating vegetables and fruits for snacks.

Try new foods with your kids.

Serve kids skim or low-fat (1%) milk instead of chocolate milk.

Get creative with kids! Cut food into fun shapes and invent new snacks.

Offer choices: "Peas or broccoli tonight?" instead of "Do you want peas?"



There are about **10 packets** of sugar in a 12 ounce can of soda!



And remember...

Don't eat until you're full – stop as soon as you are satisfied.

Avoid prepared and canned foods with high-fructose corn syrup and sugars.

Cut down on salt for cooking and at the table – use pepper, herbs, and spices instead.

Avoid soda and sports drinks – drink water, low-fat milk, or 100% fruit or vegetable juice instead.

Avoid jams, jellies, and applesauce that have added sugar.

Avoid fruit-flavored yogurt. Sweeten low-fat plain yogurt with fresh or frozen fruit, or canned fruit in juice, instead.

Avoid instant flavored oatmeal. Add cinnamon and dried fruit to plain cooked oats instead.

Don't cook with butter or shortening.

Avoid saturated fats – poultry skin, ribs, sausage, and processed meats.



Switch to **olive oil** or canola oil for cooking, salads, and dipping.

Daily food plan

Make half your plate vegetables and fruits

- Choose red, orange, and dark green veggies like tomatoes, carrots, and broccoli.
- Add beans or peas to salads, soups, and sides or serve as a main dish.
- Use fruits as snacks, salads, and desserts or to top cereal and pancakes.



Eat whole grains

- Look for “whole grains” listed as the first or second ingredient.
- Try oatmeal, popcorn, whole-grain bread, and brown rice.
- Limit cakes, cookies, and pastries.

Vary your protein choices

- Try beans, peas, unsalted nuts, seeds, soy products, eggs, lean meats, and skinless poultry.
- Twice a week, make your protein seafood.

Avoid ready-to-eat and processed foods like pizza, bacon, sausage, hot dogs, lunch meats, and “instant” food packages.

Move to low-fat or fat-free dairy

- If you are lactose intolerant, try lactose-free milk or fortified soymilk.
- Limit cream, sour cream, and regular cheese.

Remember, labels list foods in order, with the largest amount first.



Make meals fun

- Plan family meals together – with the same foods for all.
- Offer one new food at the start of a meal, when your child is hungry.
- Keep mealtime stress free – talk about fun, happy things.
- Turn off the TV, games, and cell phones at mealtimes.
- Don't lecture or force your child to eat.

Portions for adults, 2,000 calories per day. Child portions may be smaller based on their calorie needs.

Vegetables: 2 ½ cups each day

1 cup = size of your fist

1 cup raw, cooked, or 100% juice

2 cups leafy salad greens



Fruits: 2 cups each day

1 cup = size of your fist

1 cup raw, cooked, fresh, frozen, canned reduced-sodium in water, or 100% juice

½ cup dried fruit

Dairy: 3 cups each day

1 cup = size of your fist

1 cup fat-free (skim) or low-fat (1%) milk, yogurt, or fortified soymilk

1½ ounces natural cheese

2 ounces processed cheese



Grains: 6 ounces each day

1 ounce = size of your cupped hand

1 slice bread

½ cup cooked rice, cereal, or pasta

1 ounce ready-to-eat cereal



Protein: 5½ ounces each day

1 ounce = size of your palm

1 ounce lean meat, poultry, or fish

1 egg

¼ cup beans or peas

1 tablespoon peanut butter

½ ounce nuts or seeds

Reward children with attention, not food

- Give love and comfort with hugs, kisses, and talks – not food.
- Don't offer sweets or snacks instead of a meal or as a reward. But if your child is hungry between meals, do offer a small, healthy snack.



Resources

Center for Nutrition Policy and Promotion – United States
Department of Agriculture
www.cnpp.usda.gov

Dietary Guidelines – United States Department of Agriculture
www.dietaryguidelines.gov

Eat Right – Academy of Nutrition and Dietetics
www.eatright.org

Food and Nutrition Service – United States Department of Agriculture
www.fns.usda.gov

health.gov – Office of Disease Prevention and Health Promotion
www.health.gov/dietaryguidelines

healthychildren.org – American Academy of Pediatrics
www.healthychildren.org

healthyeating.org – Dairy Council of California
www.healthyeating.org

MyPlate – United States Department of Agriculture
www.choosemyplate.gov

Rhode Island Department of Health
www.health.ri.gov/eatsmart



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