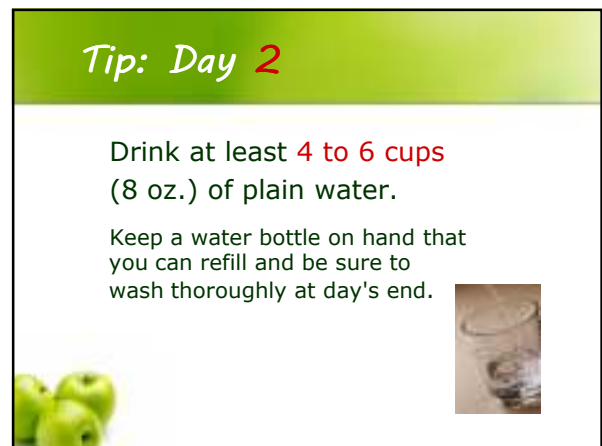


## Raising Healthy Eaters



Thanks to Ms. Fairbanks, dietician, who spoke to the school community about raising healthy eaters. Excellent resources and terrific food.



*Tip: Day 3*

Have at least **1 cup** of non-starchy, dark green vegetables (broccoli, Brussels sprouts, romaine, kale, or spinach, for example).



*Tip: Day 4*

Have at least **1/2 cup** of beans or peas, preferably in a low sodium form.



*Tip: Day 5*

Have **two** healthful snacks each day that cover two food groups;



*examples include one green apple, sliced with 1 tbsp nut butter, or 1/2 cup low fat yogurt mixed with 1/2 cup berries.*



*Tip: Day 6*

Drink at least **one or two** cups of skim or 1% milk; have it by the glass, in cereal, in coffee, or in recipes.



*Tip: Day 7*

Limit alcohol to no more than about **100 calories**

(about 5 ounces of wine, 1-1/2 ounces distilled spirits, or 12 ounces of light beer).



*Tip: Day 8*

Plan a treat that adds up to **100 calories**

(two small cookies, or 4 small pieces of chocolate for example).



*Tip: Day 9*

Leave a **few extra bites** on your plate at all meals.



*Tip: Day 10*

Drink all **caloric beverages** out of an 8 ounce cup **ONLY**.



*Tip: Day 11*

Have an ounce of **nuts or seeds** (preferably raw and unsalted) as part of a snack or meal.



*Tip: Day 12*

Don't **waste** more than one bite on any food that doesn't taste good (or is not worth the calories).



*Tip: Day 13*

Have **breakfast** within an hour or two of waking up;

*include 1 cup low fat/skim milk, 1/2 ounce nuts/seeds or 1 Tbsp nut butter or 1 egg, and at least one whole grain (oatmeal, whole wheat cereal, whole grain bread or english muffin or pita).*



*Tip: Day 14*

Eat only while **sitting** down at a table.



**Tip: Day 15**

Brush teeth/rinse with mouthwash after each meal; floss at least once during the day.



**Tip: Day 16**

Make a big salad (2 cups worth) with lots of colorful non-starchy vegetables.



**Tip: Day 17**

Have 4-6 ounces of fish, healthfully prepared (unbreaded, unfried).



**Tip: Day 18**


Have a 1 ounce equivalent of whole grains each time you eat.

*1 oz Eq = 1 slice of whole wheat bread, 5 small whole grain crackers, 3 cups air-popped popcorn, 1/2 cup whole wheat pasta or brown or wild rice.*



**Tip: Day 19**

Go meatless for the day; incorporate other protein-rich foods like beans, soy foods like tofu or tempeh, low fat dairy foods, and whole grains.



**Tip: Day 20**

Try one new food today from the vegetable group; opt for something bright in color (bright green, orange, or yellow).



*Tip: Day 21*

Instead of going out to eat, ordering in, or getting take out, **cook** or prepare all your food **at home** for the day.



*Tip: Day 22*

Have 1 cup of **soup**.

*Look for broth- or vegetable-based kinds, preferably with less than 400-500 mg sodium.*



*Tip: Day 23*

To **boost fiber**, replace your usual 100% fruit juice with 1 cup or a piece of fresh fruit (like a whole orange, apple, or cup of berries or pineapple).



*Tip: Day 24*

Instead of cooking with salt, try to flavor food with sodium-free **herbs** and **spices**.



*Tip: Day 25*

Instead of having your usual fruit-on-the-bottom or flavored yogurt, go for **plain low- or non-fat yogurt** (or **Greek yogurt**) and add 1/2 cup of berries, 1-2 tbsp of nuts, seeds, or dried fruit, or 1/2 cup unsweetened apple sauce.



*Tip: Day 26*

Before having your usual bed-time or after dinner treat, ask yourself *Am I really hungry or am I eating this out of habit?*



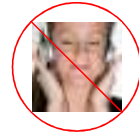
*Tip: Day 27*

Instead of a whole sandwich, **have** only **half**; balance the meal out with fresh fruit or some grilled or raw veggies.



*Tip: Day 28*

**Turn off** all **distractions** (including your cell phone) at every meal and snack; really focus on your food.



*Tip: Day 29*

**Clean** out your refrigerator and freezer. And of course throw away all spoiled or expired food.



*Tip: Day 30*

**Clean** out your pantry. Throw out all spoiled and expired food.



*Tip: Day 31*

Think about what you **should** eat more of, and not what you "shouldn't" eat.

