

**15 HEALTHY EATING
HANDOUT**

DIRECTIONS

Design your own healthy meal. Think of one of your favorite meals. Write the foods in this meal in the corresponding categories on the handout. Try to include a food in each healthy plate category. If needed, you can add or substitute ingredients to make it healthier and ensure you have foods in each category.

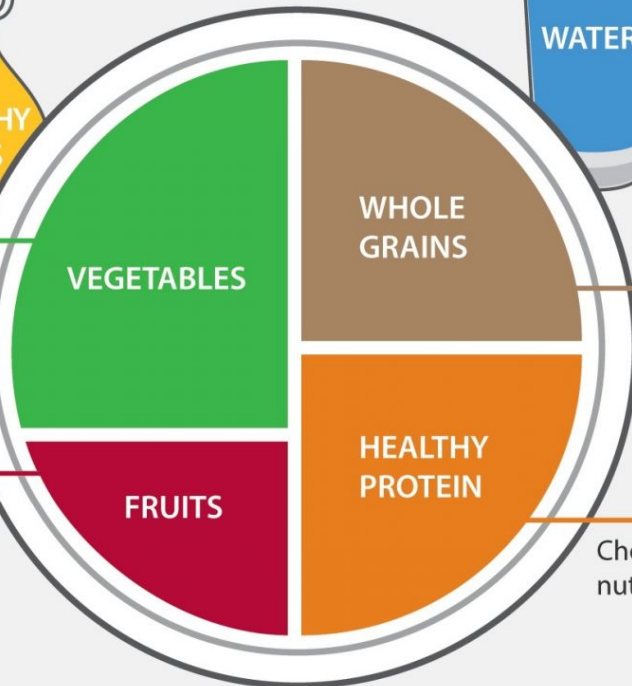
HEALTHY EATING PLATE

Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.



Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.

The more veggies – and the greater the variety – the better. Potatoes and French fries don't count.



Eat a variety of whole grains (like whole-wheat bread, whole-grain pasta, and brown rice). Limit refined grains (like white rice and white bread).

Eat plenty of fruits of all colors.

Choose fish, poultry, beans, and nuts; limit red meat and cheese; avoid bacon, cold cuts, and other processed meats.



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HEALTHY OILS

VEGETABLES

FRUITS

WHOLE GRAINS

HEALTHY PROTEINS
