



# "I EAT RIGHT"

## What Does a Healthy Meal Look Like?



### What makes up a healthy breakfast, a healthy lunch or a healthy dinner?

A Healthy Meal includes 5 food groups. The United States Department of Agriculture has published MyPlate to demonstrate what a healthy meal is made up of:



To eat healthy you want to eat these servings each day:

- 2-4 servings of fruits
- 3-5 servings of vegetables a day
- 3 servings of dairy
- 4-6 serving of grains
- 2-3 servings of lean proteins

### QUESTIONS TO ASK YOUR CHILD :

- Q: What kinds of foods should be included in a healthy meal?
- A: Vegetables and fruits, whole grains, proteins such as nuts, beans, chicken, fish or meat, don't forget the dairy, such as milk, cheese or yogurt
- Q: How much of the plate should be fruits and vegetables?
- A: Half of the plate
- Q: What foods should be on the other half of the plate?
- A: Whole grains and healthy protein
- Q: What are some examples of healthy grains that you like?

### What makes up a healthy meal?

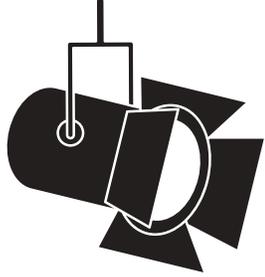
Take a look at the picture of MyPlate - it is a picture of what a healthy plate is made up of.

This includes:

- half the plate of fruits and vegetables,
- about a quarter plate of whole grains,
- about a quarter plate of healthy lean proteins, and
- a serving of dairy, such as milk, cheese or yogurt.

### HEALTHY HABIT OF THE DAY:

Half of my plate, at every meal, is fruits and vegetables.



# SPOTLIGHT ON: Reach Your Nutrition Goals

www.choosemyplate.gov is a great resource for you to find information for what you and your child should be eating. It also has recipe ideas and other tips for making healthy choices.



### Start with small changes

Instead of a diet overhaul, make small changes to what you eat and drink that will work for you now and in the future.



### Take one day at a time

Sometimes things don't go as planned, even with the best of intentions. If you miss one day or one milestone for your goal, don't give up!



### Be active your way

Pick activities you enjoy! If you focus on having fun or learning a new skill that interests you, you will be more likely to stick with it.

Based on the Dietary Guidelines for Americans  
Go to [ChooseMyPlate.gov](http://ChooseMyPlate.gov) for more information.

## RECIPE: ROTI BREAD

These are a staple flatbread in many parts of India. They're quick to make and very tasty when fresh. Enjoy them with peanut butter and jelly, dip them in soups or stews, or fill them with eggs at breakfast.

\$.050 total - \$.03 / serving

### Ingredients

- 2 cups whole wheat flour
- 1 tsp salt
- 1 cup water

In a small bowl, mix together all the ingredients using one clean hand. It should form a fairly moist dough. Knead until smooth and form into a ball. Cover with a damp towel or paper towel and set aside for 10 minutes to an hour. Divide the dough into 16 small balls.

Sprinkle a countertop with flour and place one piece of dough in the middle. Cover the ball with flour on all sides so that it doesn't stick to the surface, then gently roll it out with a rolling pin (or a bottle if you're in a pinch) until it's thin and flat, about 1/8" thick. As you roll the dough, be sure to un-stick it from your counter and flip it over. To make it round, roll straight in front of you, then turn the dough 90 degrees and roll out again.

Place a non-stick skillet on medium heat. Once the pan is hot, add the roti and cook until the dough lifts away from the pan around the edges and small bubbles form. Flip the bread over and cook the other side. Usually it goes very quickly. You want to see light-brown bubbles all over the dough. Don't let it get too dark, though, as this will make the roti too crunchy to use for rolls. Repeat this process until you're finished with the dough.



## HEALTHY GRAINS

Whole grains provide carbohydrates, protein, fiber, vitamins and minerals, which are good for your health. Refined (not whole) grains provide carbohydrates, but less fiber, protein, vitamins, and minerals. Most folks eat enough grains overall, but usually don't eat enough whole grains.

A grain is a "whole grain" if it contains the three key parts of its original seed and all grains start out as whole grains. Whole grains are usually darker in color— things such as brown rice, whole wheat bread, oats, and barley are all whole-grain. When they are processed into white bread, flour, rice, and other lighter foods, they become refined grains and are less healthy.



### Types of healthy grains:

- Brown Rice
- Whole wheat bread
- Barley
- Oats
- Quinoa



### Types of less healthy grains:

- White Bread
- White Rice
- Pre-made baked goods



# A Healthy Plate

DRAW WHAT A HEALTHY MEAL LOOKS LIKE

