

Meals and Snacks

Have you ever eaten something that tasted gross?

There are definitely foods that we like the taste of better than others. But we shouldn't decide what to eat only on whether or not they taste good to us.

Some food like candy taste really good, but it is not good for your body.

Our body thinks it is gross!

You may not like the taste of carrots, but it is really good for your body.

In fact, carrots are your eyes' favorite food because they help your eyes work better.

So, when deciding what to eat, it is important to remember what your body likes....healthy foods!

Let's look at some examples of healthy foods you could eat throughout the day.

Breakfast is a very important meal! Your body hasn't had fuel put in it for several hours because you were asleep.

Eating a healthy breakfast will help you have more energy the whole day and you will be able to focus better at school.

Healthy breakfast ideas:

- Eggs
 - Whole grain waffles, pancakes, or French toast
-

Meals and Snacks

- Cold cereal and milk (beware not *all* cold cereal is healthy)
- Fruit smoothie
- Whole grain toast, bagel, or English muffin with cheese
- Yogurt with fruit or nuts
- Breakfast burrito (eggs, cheese, and salsa wrapped in a tortilla)

Sometimes for lunch we are on the go, or not home. It is important to eat healthy no matter where you are!

Healthy lunch tips:

- At school, if you are eating cafeteria food, be sure to choose a variety of food. Include grains, fruits and vegetables, protein, and dairy.
- Or you may want to bring a lunch from home like a sandwich, crackers, fruit, and vegetables.
- At home, you may want to eat leftovers for lunch.
- At a fast food restaurant, look for healthier options. For example, choose apples instead of fries and milk instead of soda.
- Don't eat the same thing for lunch every day! Your body needs different and new foods.

You may not have a lot of control over what you have for dinner. But you can still help your family make good choices. Ask your family members for healthy dinner options. You can even offer to help them make it! It will also help your family if you don't complain about eating healthy.

Ask an adult if you can help make dinner. These websites have healthy dinner options that you can help make.

Meals and Snacks

MyPlate:

<https://www.choosemyplate.gov/myplatekitchen>

FruitsAndVeggies.org:

<https://fruitsandveggies.org/recipes/>

One or two snacks a day can also help your body to be healthy and strong.

It is important that you choose healthy snacks, not just cookies and chips.

Choose snacks that are from all the different food groups.

- **Grains:** graham crackers, whole wheat tortilla, or toast
- **Vegetables:** carrot sticks, snap peas, or cherry tomatoes
- **Fruits:** bananas, apples, strawberries, or tangerines
- **Dairy:** string cheese, yogurt, or cottage cheese
- **Protein:** egg slices, peanut butter, or lean turkey slices

Keep trying new foods and soon you will find foods that you think taste good AND are good for you!

Eating healthy for breakfast, lunch, dinner, and snacks will help you to grow strong and have more energy.
