Eat Healthy, Stay Fit

Plan snacks for your family when you plan your menus. Then if you are hungry you will have made some good food choices.

• Snacks can give your family some of the servings they need from MyPyramid. The key to healthy snacking is supplementing your meals with a variety of snacks packed with nutrients, not empty calories.

• Most Americans don’t get enough fruit, vegetables, low fat milk products, and whole grains.

• It’s easier to make healthy snack choices (pretzels instead of chips, graham crackers instead of chocolate cookies, for example) if you have nutritious, ready to eat snacks on hand. Try keeping a bowl of fruit on the counter or a prepared snack box in the refrigerator and one in the cupboard.

• Snacks can give your family some of the servings they need from MyPyramid.

• You can save MONEY by taking advantage of supermarket specials and using coupons.

• You can add VARIETY by adding new foods, vegetables, low fat milk products, and whole grains.

• Planning is like putting together the pieces of a puzzle. Fill in all the pieces for a healthy, nutritious meal. Snacks and meals that your family will eat and enjoy. Here’s how to make those pieces fit.

Snacks

Day 1
Day 2
Day 3
Day 4
Day 5
Day 6
Day 7

Meat & Beans

·

Cheese

·

Fruit

·

Vegetables

·


Recipes

Golden Split Pea Soup
2 tsp vegetable oil
2 cups chopped onion
1/2 tsp poultry seasoning
1/2 tsp onion powder
1 tsp salt

Place oil in large pot. Heat over medium-high. Add onion and saute until golden, about 3 minutes. Add the rest of the ingredients, mix well. Bring to a boil, then lower to simmer. Cook uncovered until peas are tender (about 45 minutes). Serve hot.

Serves 6 to 1 cup each.

Each serving: Calories 181, Total fat 1.5 gm, Saturated fat 0, Cholesterol 0, Sodium 135 mg, Fiber 10.2 gm.

Mini Goals

Mini Goals are the first step to making healthy choices. Little steps lead to big leaps! Choose at least one mini goal to work on this week:

• Plan three breakfasts that include foods from the six food groups in MyPyramid.

• Record your breakfasts for a week on a calendar.

• Establish a snack box for the cupboard and refrigerate. Involve the kids!

• Plan two days of menus that include 5 cups a day of fruits and vegetables.

• Record your breakfasts for a week on a calendar.

• Establish a snack box for the cupboard and one for the refrigerator. Involve the kids!

• Record your snacks over a three day period.

• Plan three breakfasts that include foods from the six food groups in MyPyramid.

• Record your breakfasts for a week on a calendar.

USE THE DIETARY GUIDELINES AND MYPYRAMID AS A GUIDE IN PLANNING YOUR SNACKS FOR THE WEEK.

MEAL PLANNING AND SNACKS

Plan Meals Ahead
Plan for a few days to a week or more.

Make It Different and Make It Count

Look for a good variety of flavors, colors, shapes, textures and temperatures in the foods you serve.

Many of us “eat with our eyes.” If it looks good to you, we’re more likely to eat it.

Make Your Menus Count

Plan Snacks to Give You Servings from MyPyramid

Snacks can be a major part of our daily diet, and they should provide us with nutrients just like a meal does.

Variety is the Key

Try to expand your family’s food tastes by adding new foods or changing the way you prepare certain foods every so often.

Snacks include not only food from all of the food groups in meal planning, but also from the dairy group. For example, a milk bar and a banana can count as a dairy and fruit serving. A 1 oz. serving of peanut butter can count as a lean protein serving.

MINI GOALS

BUY WHAT THEY’LL EAT

The final step in meal planning is to prepare a detailed shopping list of everything you will need to prepare all the meals of your plan. With this lesson we have included a sample shopping list with recipes.

The best meal is one you make and enjoy. Here’s how to make those pieces fit.

DID YOU KNOW?

UNH Cooperative Extension is an equal opportunity educator and employer. University of New Hampshire, U.S. Department of Agriculture and TDD). USDA is an equal opportunity provider and employer. This material was funded by USDA’s Food Stamp Program. Revised 5/07

Mini-Meals

Jeremy Day, Terri Schoppmeyer, Nutrition Connections Staff.

Developed by Phyllis Grubbs, Kalie Calco, Jeannie Rosbottom, Debbie Seip, Jenifer Dias, Jessica Conley, Melanie Cowell, Debby Cincotta, Informatics, Nutrition Connections Staff.

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Snacks can give your family some of the savings they need from MyPyramid. The key to healthy snacking is supplementing your meals with a variety of snacks packed with nutrients, not empty calories.

- Use the Dietary Guidelines and MyPyramid as a guide in planning your snacks for the week.
- Plan snacks to give your family members the nutrients they need each day. Use food from each of the six food groups in MyPyramid.
- Keep your family healthy by adding new foods, changing colors, textures, flavors, and shapes of foods to make them more attractive and interesting.
- Mini Goals: The first step to making healthy choices. Little steps lead to big leaps! Choose at least one mini goal to work on this week:
  - Plan three breakfasts that include foods from three of the six food groups in MyPyramid.
  - Record your breakfasts for a week on a calendar.

- Mini Goals: The first step to making healthy choices. Little steps lead to big leaps! Choose at least one mini goal to work on this week:
  - Plan two days of menus that include 5 servings each day from three of the six food groups in MyPyramid.
  - Record your snacks over a three day period.

- Try to prepare all the meals of your plan. With this lesson we have included a sample shopping list with suggestions for the healthiest choices in each category of food.
- Plan meals ahead of time. Plan- ning also has other benefits: you will save money by taking advantage of supermarket specials and using coupons.
- Recipes
  - Golden split pea soup
    - 2 tsp vegetable oil
    - 2 cups chopped onion
    - 2 cups diced potatoes
    - 12 oz yellow split peas (1/2 cup)
    - 3/4 cup low sodium chicken broth
    - 1 cup water
    - 1/2 tsp onion powder
    - 1 tsp poultry seasoning
    - Place oil in large pot. Heat over medium-high. Add onion and saute until golden, about 3-5 minutes. Add the rest of the ingredients, mix well.
    - Bring to a boil, then lower to simmer. Cook uncovered until peas are tender (about 45 minutes).
    - Serve hot.
    - Serves 6.1 cup each. Each serving: Calories 181, Total fat 1.5 gm, Saturated fat 0, Cholesterol 0, Sodium 135 mg, Fiber 10.2 gm.

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- Plan meals ahead of time. Planning also has other benefits:
  - You make sure that daily meals and snacks contain the NUTRIENTS your family needs.
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Did you know?
Children judge a food by how it looks. They like colorful foods.

Let’s do a meal plan for one week starting with breakfasts. Why is a healthy breakfast important? Breakfast is the first step in making sure your family meets its daily nutrient requirements. Our bodies need food in the morning for energy. Breakfast improves attention span, coordination, and mental performance for both adults and children. Breakfast eaters tend to eat fewer calories and fat throughout the day which helps to maintain a healthy weight, affects long-term health and even life expectancy.

You can eat a wide variety of foods for breakfast, not only the “traditional” breakfast foods. A good rule to follow is to have a breakfast that includes foods from at least three different food groups on MyPyramid. Any food that you and your family like (even leftover pizza!) that is quick and easy to prepare can be served for breakfast. So be adventurous and plan your breakfasts for the week:

Breakfast Day 1 Day 2 Day 3 Day 4 Day 5 Day 6 Day 7
Grains ❏❏❏❏❏❏
Vegetables ❏❏❏
Fruits ❏❏❏
Milk ❏❏❏
Meat & Beans ❏❏

Next let’s add dinners to our meal plan using MyPyramid and weekly supermarket flyers to get the best buys. Also keep your schedule, your family’s taste in mind and involve them in the planning process. Leftovers can be helpful for quick meals since part of the preparation is already done, so include them in your meal plan. Some main meal suggestions, including non-meat meals to save on costs could be: Chicken, Rice & Broccoli, Lasagna, Chicken Vegetable Stir-fry with Rice, Homemade Vegetable Pizza, Baked Beans, Coleslaw & Cornbread.

Dinner Day 1 Day 2 Day 3 Day 4 Day 5 Day 6 Day 7
Grains ❏❏❏❏❏❏
Vegetables ❏❏❏
Fruits ❏❏❏
Milk ❏❏❏
Meat & Beans ❏❏

Now that we have our breakfasts and dinners planned, lunches can be added to the meal plan. Are there leftovers from dinners that can be served the next day, maybe in a different form, for lunch? Use lunches to fill in some of the missing servings from the food groups on MyPyramid.

Lunch Day 1 Day 2 Day 3 Day 4 Day 5 Day 6 Day 7
Grains ❏❏❏❏❏❏
Vegetables ❏❏❏
Fruits ❏❏❏
Milk ❏❏❏
Meat & Beans ❏❏

What kind of snacker are you?

Examine your snacking habits

1. Do you snack when you are hungry?
2. Do you snack in place of meals or to supplement meals?
3. Do you choose snacks higher in calories, fat or sugar or from the food groups on MyPyramid (grain group, fruits & vegetable groups, milk group, and meat & beans group)?
4. At this moment, do you have a bowl of fresh fruit or cut-up vegetables available to snack on?

Tips for using leftovers:

- Roast a chicken, turkey, beef roast or ham and slice some for eating while hot. Cool the rest quickly and cut into meal-sized portions for later use in casseroles, stir-fry dishes, sandwiches, soups, stews and salads. Freeze portions that you won’t use within a day or two.
- Try using leftovers in a totally different way from the original meal. For example, don’t just use leftover beef roast or chicken in a stew. Try them in a sandwich spread, fried rice, a stir-fry dish or a pasta salad.
- Look for new recipes that use foods you often have left over. Some foods are more versatile than others. Whatever the food is, put it to good use and use it all before it spoils.
We all eat to grow. Let's do a meal plan for one week starting with breakfasts. Why is a healthy breakfast important?

Breakfast is the first step in making sure your family meets its daily nutrient requirements. Our bodies need fuel in the morning for energy. Breakfast improves attention span, coordination, and mental performance for both adults and children. Breakfast eaters tend to eat fewer calories and fat throughout the day which helps maintain a healthy weight, affects long-term health and even life expectancy!

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Now that we have our breakfasts and dinners planned, lunches can be added to the meal plan. Are there leftovers from dinners that can be served the next day, maybe in a different form, for lunch? Use lunches to fill in some of the missing servings from the food groups on My Pyramid.

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Turn the page to learn how to fit snacks into your meal plans.
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Weighing in on Snacks

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You can add VARIETY by adding new foods, which can give your family some of the nutrients, textures and flavors you might be missing.

You can save MONEY by taking advantage of supermarket specials and using coupons.

Record your snacks over a three day period. This is an easy and efficient way to see where you can make healthy changes.

It’s easier to make healthy snack choices when you have nutritious, zero calorie, low fat, or low sugar snacks available. This is also a good rut, preparing the same foods every day, and not knowing which foods to prepare? The answer is planning meals ahead of time. Planning also has other benefits.

You can make sure that daily meals and snacks contain the NUTRIENTS your family needs.

You can save MONEY by taking advantage of supermarket specials and using coupons.

Plan Snacks to Give Your Family the NUTRIENTS they need each day. Use food from all the food groups in meal planning.

Mini Goals

Mini Goals are the first step to making healthy choices. Little steps lead to big leaps! Choose at least one mini goal to work on this week:

- Plan three breakfasts that include foods from three of the six food groups in MyPyramid.
- Record your breakfasts for a week on a calendar.
- Establish a snack box for the cupboard and one for the refrigerator. Involve the kids!
- Make sure that daily meals and snacks contain the NUTRIENTS your family needs.
- Record your snacks over a three day period.
- Plan two days of menus that include 5 mini goals to work on this week:

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