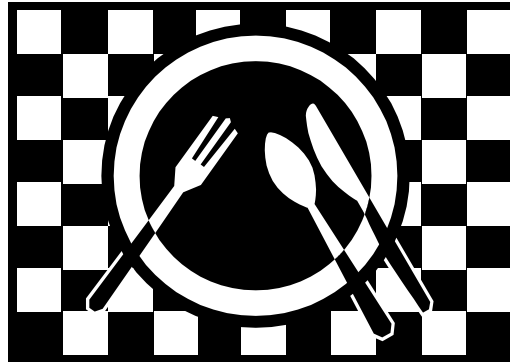


Your Health Matters: Nutritious Eating

Go
Slow
Whoa



Planning a
Healthy Plate

4: Healthy Eating

Showtime!

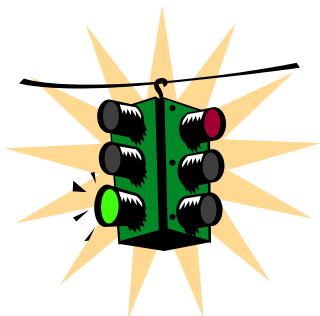


Video

*Your Health Matters:
Nutritious Eating*

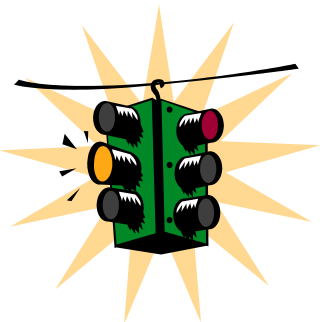
GO SLOW WHOA

Use the light to eat right!



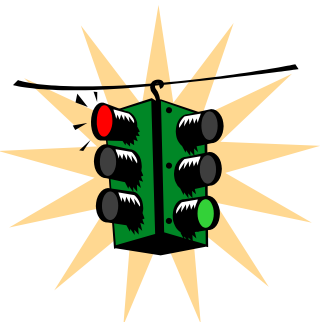
GO Foods

“whole foods;” lowest unhealthy fat and added sugars; least processed



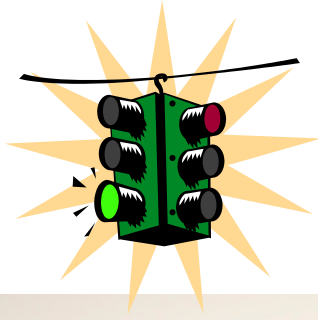
SLOW Foods

higher unhealthy fat and added sugars; more processed



WHOA Foods

highest unhealthy fat and added sugars; most processed

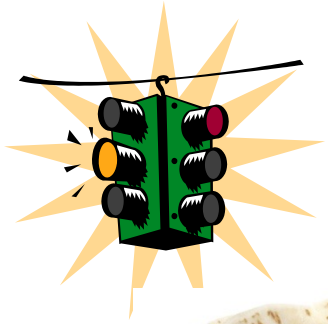


GO Foods... Great to eat anytime



Non-Fat Milk





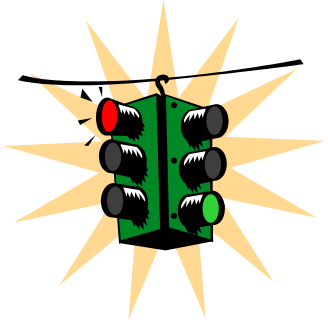
SLOW Foods

Enjoy sometimes / less often



Low-Fat Milk





WHOA Foods... Enjoy small portions only on special occasions



Whole Milk



Pop Quiz!

Which food is
Go? **Slow?** **Whoa?**

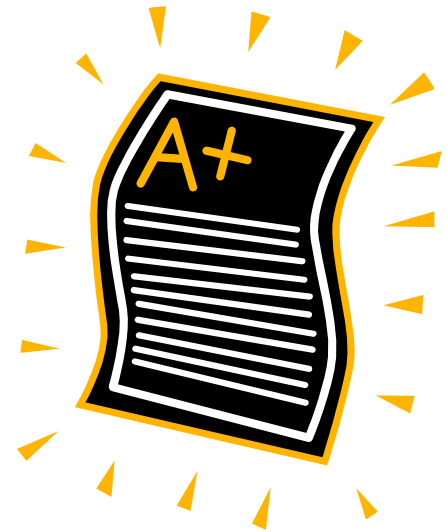
- 1) White rice
Brown rice
Fried rice
- 2) Baked potato
Baked potato with butter
Fried French fries
- 3) Milkshake
Skim milk
Low-fat milk



Pop Quiz!

Which food is
Go? **Slow?** **Whoa?**

- 1) White rice **S**
Brown rice **G**
Fried rice **W**
- 2) Baked potato **G**
Baked potato with butter **S**
Fried French fries **W**
- 3) Milkshake **W**
Skim milk **G**
Low-fat milk **S**



Pop Quiz!

Which food is
Go? **Slow?** **Whoa?**

4) Peach in canned syrup

Peach pie

Fresh peach

5) 100% juice

Fruit-flavored soda

Fruit smoothie

6) Doughnut

White bread

Whole wheat bread



Pop Quiz!

Which food is
Go? **Slow?** **Whoa?**

4) Peach in canned syrup **S**

Peach pie **W**

Fresh peach **G**

5) 100% juice **G**

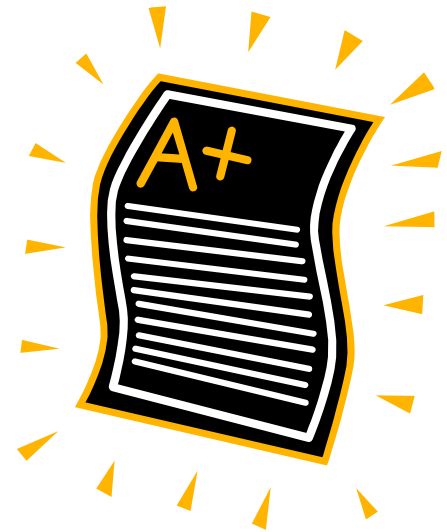
Fruit-flavored soda **W**

Fruit smoothie **S**

6) Doughnut **W**

White bread **S**

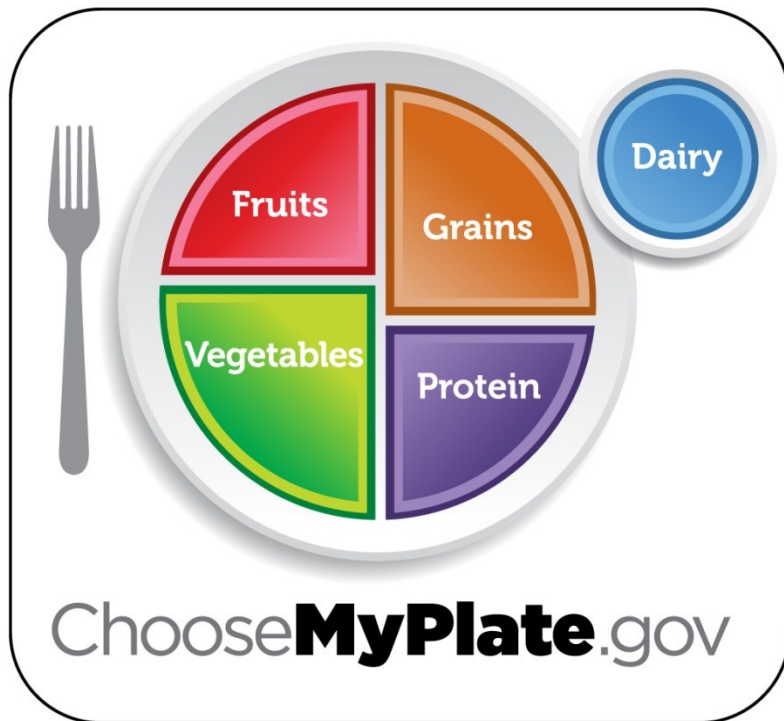
Whole wheat bread **G**



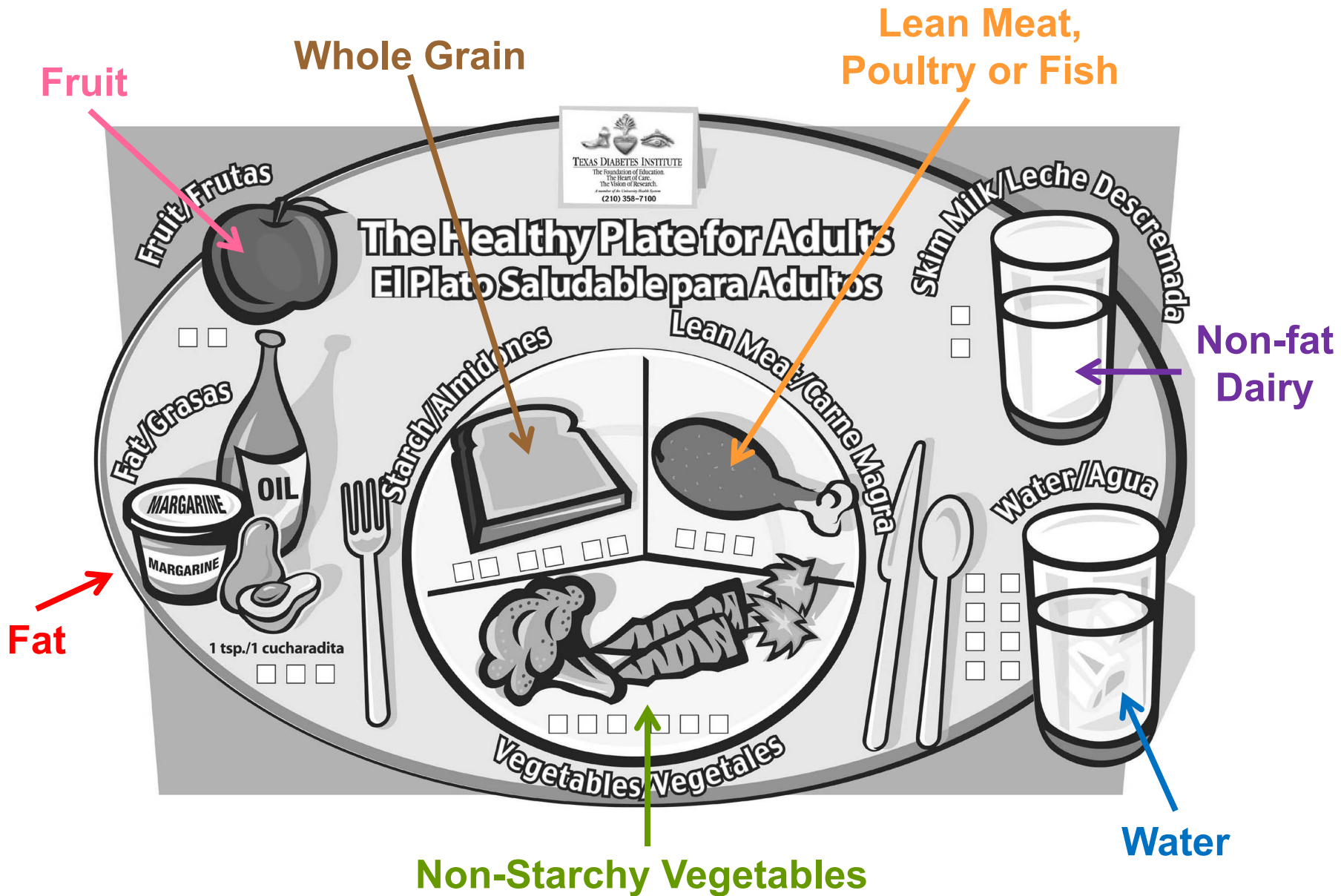
Planning a Healthy Plate



Remember the Dietary Guidelines...



Variety
Balance
Moderation
Nutrient Density






**Eat 5 or more servings of
vegetables and fruits every day.**

Include vegetables and fruits
at every meal and for snacks.

Eat a variety of vegetables and fruits daily.

Limit fries, chips and other
fried vegetable products.

Choose 100% juice if you drink
vegetable or fruit juices.



Activity: Build-A-Meal



Challenge!

One day this week, eat only **GO** foods.



The image shows two CDC diaries and a pencil. The left diary is titled 'My Food Diary' and the right is 'My Physical Activity Diary'. Both are from the CDC.

My Food Diary

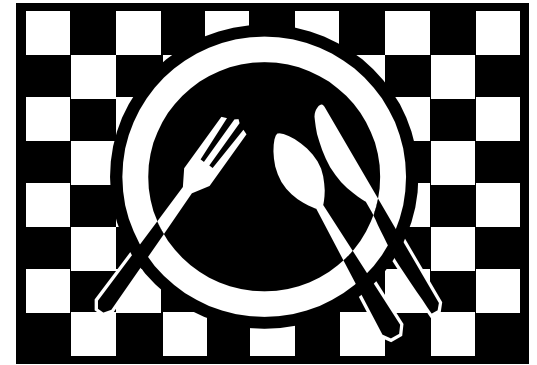
Day	What You Ate and Drank	Where and With Whom	Notes (Feelings, Hunger, etc.)
Breakfast			
Snack			
Lunch			
Snack			
Dinner			

My Physical Activity Diary

Day of week	Time of Day	Description of Activity (Type and Intensity Level)	Duration

Healthy Eating

Key Point Recap



- A healthy diet has more **GO** foods than **SLOW** foods, and more **SLOW** foods than **WHOA** foods.
- Create your plate with Variety, Balance, Moderation, and Nutrition in mind.
- A Healthy Plate has mostly vegetables, some whole grain, lean meat/fish, fruit and a small amount of unsaturated fat.

Switch to
The Basic Nutrients
PowerPoint