

5 STEPS TO HEALTHY EATING

1. Don't **go on a diet!** People who go on diets might lose weight at first, but as soon as they stop dieting, they not only **gain** back everything they lost, but often gain extra weight.
2. Become a more colorful eater—fruits and vegetables that are bright and colorful are especially good for you. Dark green, blue, purple, and red fruits and vegetables are good choices. Colorful foods taste great and will give you lots of energy.



broccoli



spinach



blueberries



cabbage



eggplant



beets



tomatoes

3. Watch your **portion** size by using small bowls and plates. Try the "healthy plate" model. Fill half your plate with salad or vegetables. Fill one-quarter of it with some kind of **protein**—fish, seafood, beans, meat, eggs, tofu, or chicken (without the skin). Fill the final quarter with **whole-grain** bread or cereal, rice, pasta, or potatoes.



Proteins



beans



tofu



fish



meat



eggs



Whole Grains

4. Eat your biggest meals early in the day. Research shows you burn more **calories** if you eat earlier in the day than if you eat in the evening. And eating a good, healthy breakfast, including fresh fruit and protein (yogurt, eggs, cottage cheese) starts your day off right. Just like a car needs gas to move, your body needs energy early in the day.
5. Be smart with snacks. You don't need to **give up** snacks—just choose healthy ones, such as raw carrots, cauliflower, or celery, a tablespoon of raw nuts, a piece of fruit, or yogurt or cottage cheese with whole-grain crackers.



carrots



cauliflower



celery



nuts



yogurt



cottage cheese

Write the word or phrase in **boldface** from the brochure next to the correct definition.

1. _____ not cooked
2. _____ stop doing something that you have done a lot
3. _____ energy that you get from food
4. _____ a substance in food such as meat or eggs that helps your body to grow and be healthy
5. _____ to become heavier
6. _____ made using all parts of the seed of a plant, such as rice or wheat
7. _____ an amount of food for one person
8. _____ eat less food and different kinds of food in order to lose weight