

Enjoy your FOOD but Eat LESS

Instructions

- Page 2 and 3 are title pages
- Pages 4, 5, 6, 7, and 12 have key messages and may be placed in the center of the bulletin board.
- Pages 8, and 10 are question pages and the following pages are the answers. Display the question pages over the correct answer page on the bulletin board. (i.e. 8 over 9, and 10 over 11)
- Decorate the rest of the bulletin board however you like.
- Page 13 is to go with the correct handout. The title of the handout is on the bottom of the slide.

The handouts can be found on the ChooseMyPlate.gov website, under 10 Tip Series.
www.choosemyplate.gov/tipresources/tentips.html



**Enjoy your
FOOD**

**But Eat
LESS**



Tips to a Great Plate

- Balance your plate with a variety of foods
- More of your plate with foods you can eat more often
- Less of your plate with foods you should eat less often



Balancing Your Calories

- Find out how many calories a day you need at www.choosemyplate.gov
<<http://www.choosemyplate.gov/>>
- Be more active to help balance “energy in (food) and energy out (activity)”



Foods to Eat More Often

- Eat more vegetables, fruits, whole grains, and low fat milk and dairy products
 - They have the nutrients you need for health
 - Plan meals and snacks around these foods



Foods to Eat Less Often

- Cut back on foods high in fat, sugar and salt
- Fried foods, fatty meats (ribs, sausages, bacon and hot dogs), cakes, cookies, sweetened drinks, candy, ice cream, pizza

These foods should be sometimes foods, not everyday foods!





How
can
I eat less?



Lift for Answer



- Take your time to enjoy your food as you eat it. Eating quickly may cause you to eat too much.
- Pay attention to hunger and fullness cues before, during and after meals.
- Use a smaller plate, bowl, and glass at meals to help with portion control.
- Portion out foods before you eat.



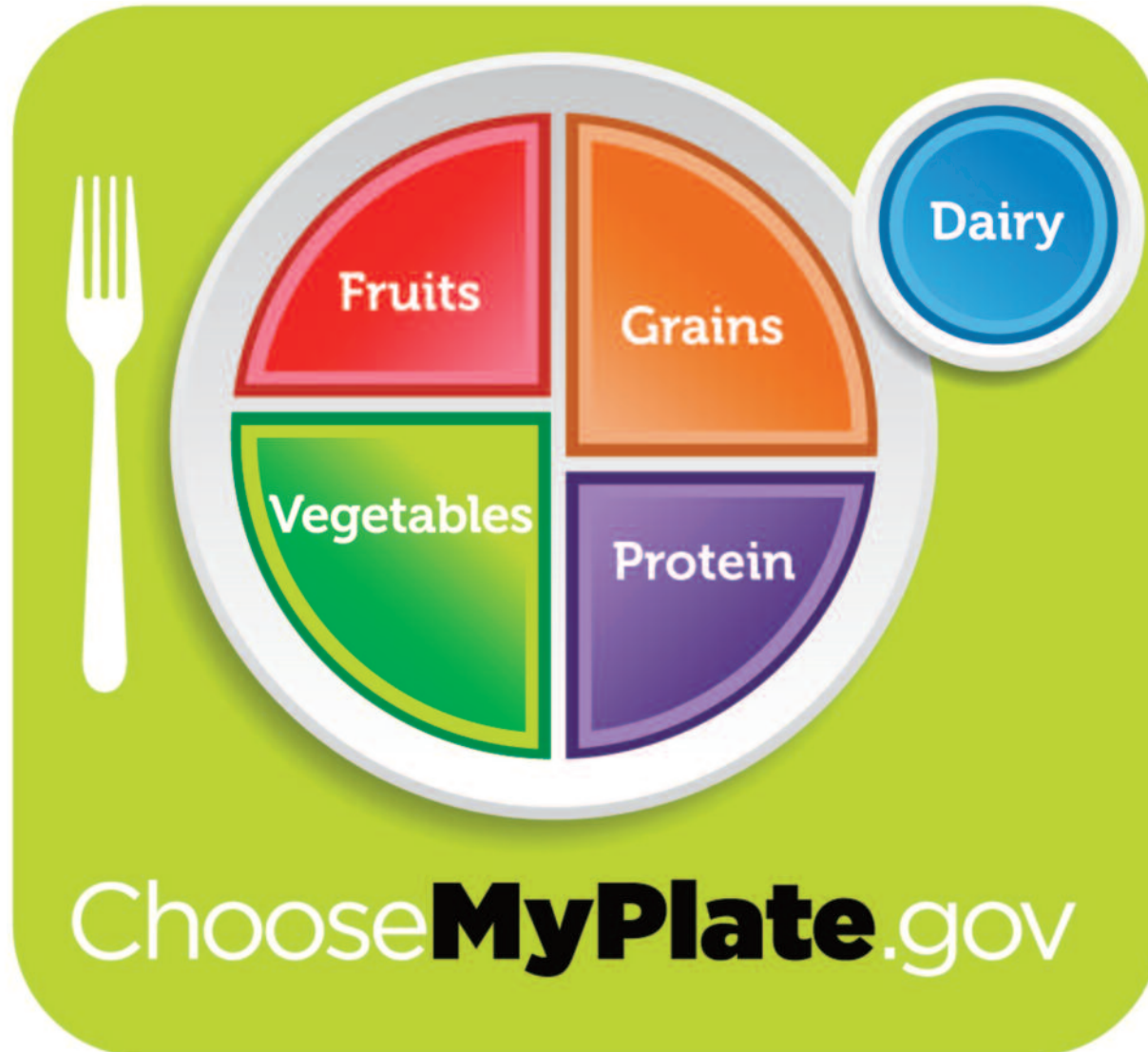


What should
my plate
look like?



Lift for Answer





- Choose fruits and vegetables for half your plate
- Select a protein choice for a quarter of your plate
- Choose whole grains for a quarter of your plate
- Select a serving of low fat dairy

Satisfy Your Sweet Tooth in a Healthy Way

- Choose fruit for dessert
 - Fruit is naturally sweet and has fewer calories, but less sugar, fat, and sodium than most desserts

Healthy Fruit Desserts

Fresh fruit cocktail

Fruit parfait with yogurt

Baked apples with cinnamon





**Please
Take One**

**Build A
Healthy Meal**





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