Great Plates for a Healthy Weight

Presented by:
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Benefits of Healthy Habits

● “Follow a healthy eating pattern across the lifespan. All food and beverage choices matter. Choose a healthy eating pattern at an appropriate calorie level to help achieve and maintain a healthy body weight, support nutrient adequacy, and reduce the risk of chronic disease.” -Dietary Guidelines for Americans 2015-2020
Benefits of Healthy Habits

- Improves sleep
- Boosts energy
- Self-confidence
- Meet new friends
- Controls weight
- Prevents/treats chronic diseases
  - Specifically obesity, heart disease, stroke, hypertension, high cholesterol, diabetes and certain cancers
- Improves longevity and quality of life
Factors Influencing Weight Gain

- “More calories consumed than calories burned.”
- However, it is actually much more complex than that.

- On an individual level,
  - Food and beverage intake
  - Physical activity
  - Demographic factors
  - Psychosocial factors
  - Gene-environment interactions
Factors Influencing Weight Gain

- Communities
- Worksites
- Health Care
- Schools and Child Care
- Home

- Demographic Factors (e.g., age, sex, SES, race/ethnicity)
- Psychosocial Factors
- Gene-Environment Interactions
- Other Factors

Social Norms and Values

Sectors of Influence

Behavioral Settings

Individual Factors

Food and Beverage Intake

Physical Activity

Energy Intake

Energy Expenditure

Energy Balance

- Government
- Public Health
- Health Care
- Agriculture
- Education
- Media
- Land Use and Transportation
- Communities
- Foundations
- Industry
  - Food
  - Beverage
  - Restaurant
  - Food Retail
  - Physical Activity
  - Leisure and Recreation
  - Entertainment
Where Do Calories Come from?

Macronutrients constitute the bulk of the diet and supply energy and many essential nutrients.

- **Carbohydrates**: 4 calories per gram
- **Protein**: 4 calories per gram
- **Fat**: 9 calories per gram
- **Water** also considered a macronutrient but does not contain calories

Most foods contain two or all three macronutrients.
Harvard Healthy Eating Plate

Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.

The more veggies—and the greater the variety—the better. Potatoes and French fries don’t count.

Eat plenty of fruits of all colors.

Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.

Eat a variety of whole grains (like whole-wheat bread, whole-grain pasta, and brown rice). Limit refined grains (like white rice and white bread).

Choose fish, poultry, beans, and nuts; limit red meat and cheese; avoid bacon, cold cuts, and other processed meats.

STAY ACTIVE!
Fruits and Vegetables

Make most of your meal vegetables and fruit - ½ your plate.

- Aim for color and variety
- The more veggies - and the greater the variety - the better.
  - Potatoes and French fries don’t count.
- Eat plenty of fruits of all colors
Fruits and Vegetables

Tips to eat more fruit and vegetables each day

- Keep fruit where you can see it.
- Explore the produce aisle and choose something new.
- Skip the potatoes
- Make it a meal.
Whole Grains

Go for whole grains - ¼ of your plate

- Eat a variety of whole and intact grains - whole-wheat, barely, quinoa, oats and brown rice, and foods made with them such as whole wheat pasta.
- Limit refined grains (like white rice and white bread).
- Whole grains offer a “complete package” of health benefits, unlike refined grains, which are stripped of valuable nutrients in the refining process.
Whole Grains

Whole grain kernels contain 3 parts

- Bran
- Germ
- Endosperm

Each part contains health-promoting nutrients.
Protein

Protein power - ¼ of your plate.

- Fish, chicken, beans, and nuts are all healthy, versatile protein sources—they can be mixed into salads, and pair well with vegetables on a plate.
- Limit red meat, and avoid processed meats such as bacon and sausage.
- Focus on the “protein package”
Fats and Oils

Healthy plant oils - in moderation

● Choose healthy vegetables oils like olive, canola, soy, corn, sunflower and peanut

● Avoid partially hydrogenated oils, which contain unhealthy trans fats.

● Omega - 3 fats are an important type of polyunsaturated fat
  ○ Fish, vegetable oils, nuts (especially walnuts), flaxseeds, and leafy vegetables
Beverages

Focus on water

● Drink water, tea or coffee (with little or no sugar).
● Limit milk/dairy (1-2 servings/day)
● Limit juice (1 small glass/day)
● Avoid sugary drinks like soda, sports drinks and energy drinks.
STOP.
RETHINK YOUR DRINK.
GO ON GREEN.
Meal Ideas - Breakfast

- The key is to focus on getting in a source of whole grains, lean protein and healthy fats

- Oats
  - Oatmeal
  - Overnight oats
  - Oatmeal bake
  - Oatmeal cups/muffins

- Whole grain cereal with skim/low-fat milk

- Yogurt or cottage cheese topped with fresh fruit and nuts

- Berry and yogurt smoothie

- Whole wheat toast
  - Topped with nut butter, ½ banana and a sprinkle of chia/hemp seeds
  - Topped with avocado slices & an egg
Meal Ideas - Breakfast

- **Eggs**
  - Scrambled/Hard boiled/Omelets
  - Egg muffins
  - Frittatas
  - Egg casserole
- **Egg/bean/tofu scramble with roasted potatoes**
- **Whole grain pancakes/waffles/french toast topped with yogurt, fresh fruit and/or nut butter instead of syrup**
  - PB&J waffle sandwich
- **Breakfast burrito/wrap**
Meal Ideas - Lunch/Dinner

- The key is to focus on getting in a source of lean protein, non-starchy vegetables and whole grains
- Cook in bulk and eat leftovers from dinner for lunch
- Salads
- Sandwiches (i.e. PB&J/tuna/chicken/egg salad or turkey sandwich on whole wheat bread with a piece of fresh fruit)
- Soups (i.e. chicken noodle, vegetable, lentil, black bean)
- Chilis (i.e. three bean, ground turkey, lean ground beef, white chicken)
- Baked, broiled or grilled salmon or chicken with non-starchy vegetables and quinoa or brown rice
- Chicken or fish and vegetable kabobs with a side of couscous
Meal Ideas - Lunch/Dinner

- Fish, ground turkey, lean beef or black beans tacos, quesadillas, fajitas or lettuce wraps
- Ground chicken, turkey or veggie burgers on whole wheat bun
- Whole wheat pasta with loaded with non-starchy veggies and turkey meatballs
- Stuffed peppers/zucchini boats
- Cauliflower chicken “fried rice”
- Make your own pizza, pizza muffins
Snack Ideas

- Key is to choose snacks that contain at least 2 food groups
- Small piece of fruit with 1 oz. unsalted nuts, 1 Tbsp. nut butter or 1 oz. of low-fat cheese or string cheese
- Fresh vegetables with hummus, guacamole, or Greek yogurt ranch dip
- English muffin mini pizzas
- Roasted chickpeas/edamame
- Yogurt parfait
- 1 oz. low-fat cheese with whole grain crackers
- Homemade trail mix (nuts, seeds, whole grain cereal, dried fruit)
- Granola bars - Kashi, Kind, Lara, RxBar Kids
- Protein energy bites
- Air-popped popcorn
The New and Improved Nutrition Facts Label - Key Changes

The U.S. Food and Drug Administration has finalized a new Nutrition Facts label for packaged foods that will make it easier for you to make informed food choices that support a healthy diet. The updated label has a fresh new design and reflects current scientific information, including the link between diet and chronic diseases.

1. Servings
The number of “servings per container” and the “Serving Size” declaration have increased and are now in larger and/or bolder type. Serving sizes have been updated to reflect what people actually eat and drink today. For example, the serving size for ice cream was previously 1/2 cup and now is 2/3 cup.
There are also new requirements for certain size packages, such as those that are between one and two servings or are larger than a single serving but could be consumed in one or multiple sittings.

2. Calories
“Calories” is now larger and bolder.

3. Fats
“Calories from Fat” has been removed because research shows the type of fat consumed is more important than the amount.

4. Added Sugars
“Added Sugars” in grams and as a percent Daily Value (%DV) is now required on the label. Added sugars includes sugars that are either added during the processing of foods, or are packaged as such (e.g., a bag of table sugar), and also includes sugars from syrups and honey, and sugars from concentrated fruit or vegetable juices. Scientific data shows that it is difficult to meet nutrient needs while staying within calorie limits if you consume more than 10 percent of your total daily calories from added sugar.

5. Nutrients
The lists of nutrients that are required or permitted on the label have been updated. Vitamin D and potassium are now required on the label because Americans do not always get the recommended amounts. Vitamins A and C are no longer required since deficiencies of these vitamins are rare today. The actual amount (in milligrams or micrograms) in addition to the %DV must be listed for vitamin D, calcium, iron, and potassium.

The daily values for nutrients have also been updated based on newer scientific evidence. The daily values are reference amounts of nutrients to consume or not to exceed and are used to calculate the %DV.

6. Footnote
The footnote at the bottom of the label has changed to better explain the meaning of %DV. The %DV helps you understand the nutrition information in the context of a total daily diet.

Transitioning to the New Label
Manufacturers still have time to begin using the new and improved Nutrition Facts label, so you will see both label versions for a while. However, the new label is already starting to appear on products nationwide.
Would you buy this product?
Would you buy this product?
Which Product Do You Think Is Healthier?!
Candy Bar vs. Granola Bar

Snickers Candy Bar

Clif Bar Chocolate Chip Granola Bar
## Label Reading

**Candy Bar vs. Granola Bar**

### Candy Bar Nutritional Information

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount/Serving</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>220</td>
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</tr>
<tr>
<td>Fat</td>
<td>10 g</td>
<td>13%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>4 g</td>
<td>20%</td>
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<tr>
<td>Trans Fat</td>
<td>0 g</td>
<td>0%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>&lt; 5 mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium</td>
<td>110 mg</td>
<td>5%</td>
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<tr>
<td>Carbohydrate</td>
<td>29 g</td>
<td>11%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>1 g</td>
<td>4%</td>
</tr>
<tr>
<td>Total Sugars</td>
<td>24 g</td>
<td></td>
</tr>
<tr>
<td>Includes</td>
<td>23 g</td>
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<tr>
<td>Added Sugars</td>
<td>46%</td>
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<tr>
<td>Protein</td>
<td>4 g</td>
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<tr>
<td>Calcium</td>
<td>40 mg</td>
<td>4%</td>
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<tr>
<td>Iron</td>
<td>0 mg</td>
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<tr>
<td>Potassium</td>
<td>140 mg</td>
<td>2%</td>
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### Candy Bar Nutritional Facts

<table>
<thead>
<tr>
<th>Amount/Serving</th>
<th>%DV*</th>
<th>Amount/Serving</th>
<th>%DV*</th>
<th>Amount/Serving</th>
<th>%DV*</th>
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<tbody>
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<td>5 g</td>
<td>8%</td>
<td>Cholesterol</td>
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<tr>
<td>Saturated Fat</td>
<td>1.5 g</td>
<td>7%</td>
<td>Sodium</td>
<td>140 mg</td>
<td>6%</td>
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<tr>
<td>Trans Fat</td>
<td>0 g</td>
<td>0%</td>
<td>Potassium</td>
<td>210 mg</td>
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<tr>
<td>Polyunsaturated Fat</td>
<td>1 g</td>
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<td>Total Carbohydrate</td>
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<td>Monounsaturated Fat</td>
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<td>Dietary Fiber</td>
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<tr>
<td>Vitamin C</td>
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<td>Calcium</td>
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<td>Vitamin E</td>
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<tr>
<td>Iron</td>
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<td></td>
<td>Thiamin</td>
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*Percent Daily Values (DV) are based on a 2,000 calorie diet.*
Label Reading
Candy Bar vs. Granola Bar

<table>
<thead>
<tr>
<th>NUTRITIONAL INFORMATION</th>
<th>Amount/Serving</th>
<th>% Daily Value</th>
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</thead>
<tbody>
<tr>
<td>Serving Size 1 bar (47 g)</td>
<td>Calories 220</td>
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<tr>
<td>Servings Per Container: 2</td>
<td>% Daily Value</td>
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<tr>
<td>Calories 220</td>
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<tr>
<td>Amount/Serving</td>
<td>% Daily Value</td>
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<td>Total Fat 10 g</td>
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<tr>
<td>Saturated Fat 4 g</td>
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<tr>
<td>Trans Fat 0g</td>
<td>0%</td>
<td></td>
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<tr>
<td>Cholesterol &lt; 5 mg</td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td>Sodium 110 mg</td>
<td>5%</td>
<td></td>
</tr>
<tr>
<td>Total Carbohydrate 29 g</td>
<td>11%</td>
<td></td>
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<tr>
<td>Dietary Fiber 1 g</td>
<td>4%</td>
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</tr>
<tr>
<td>Total Sugars 24 g</td>
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<td>Includes 23 g</td>
<td>Added Sugars 46%</td>
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<tr>
<td>Protein 4 g</td>
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<tr>
<td>Vitamin D 0 mcg</td>
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<td></td>
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<tr>
<td>Calcium 40 mg</td>
<td>4%</td>
<td></td>
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<tr>
<td>Iron 0 mg</td>
<td>0%</td>
<td></td>
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<tr>
<td>Potassium 140 mg</td>
<td>2%</td>
<td></td>
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<table>
<thead>
<tr>
<th>Nutrition Facts</th>
<th>Amount/Serving</th>
<th>%DV*</th>
<th>Amount/Serving</th>
<th>%DV*</th>
<th>Amount/Serving</th>
<th>%DV*</th>
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<tbody>
<tr>
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<td>Inositol Fiber 3g</td>
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<tr>
<td>Saturated Fat 1.5g</td>
<td>7%</td>
<td>Sodium 140mg</td>
<td>6%</td>
<td>Other Carbohydrate 20g</td>
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<tr>
<td>Trans Fat 0g</td>
<td></td>
<td>Potassium 210mg</td>
<td>6%</td>
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<tr>
<td>Polyunsaturated Fat 1g</td>
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<td>Monounsaturated Fat 2g</td>
<td>16%</td>
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<td>Total Carbohydrate 45g</td>
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<td>Sugar 21g</td>
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</table>

*Percent Daily Values (DV) are based on a 2,000 calorie diet.
### Label Reading

**Yogurt Comparison**

<table>
<thead>
<tr>
<th>AMOUNT PER SERVING</th>
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<tbody>
<tr>
<td>Calories</td>
<td>180</td>
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<tr>
<td>Total Fat</td>
<td>4g / 6%</td>
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<td>Saturated Fat</td>
<td>2g / 10%</td>
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<td>Trans Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>10mg / 4%</td>
</tr>
<tr>
<td>Protein</td>
<td>7g</td>
</tr>
<tr>
<td>Sodium</td>
<td>130mg / 5%</td>
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<tr>
<td>Sugars</td>
<td>22g</td>
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<tr>
<td>Total Carbohydrate</td>
<td>31g / 10%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>0g / 0%</td>
</tr>
</tbody>
</table>

**INGREDIENTS:**
- Lowfat Yogurt (Pasteurized Grade a Reduced Fat Milk, Sugar, Modified Corn Starch, Kosher Gelatin, Natural Flavor, Fruit and Vegetable Juice (for Color), Potassium Sorbate Added to Maintain Freshness, Yogurt Cultures (L. Bulgaricus, S. Thermophilus, L. Acidophilus), Vitamin a Acetate, Vitamin D3), Sugar, Rolled Oats, Wheat Flour, Butter (Cream, Salt), Crisp Rice (Milled Rice, Sugar, Salt, Corn Syrup, Barley Malt), Canola Oil, Whole Oat Flour, Coconut Oil, Molasses, Tapioca Syrup, Cinnamon, Salt, Honey, Eggs, Caramel Color, Natural Flavor, Soy Lecithin.

Yoplait is a registered trademark of Yoplait Marques (France) used under license.
Label Reading
Yogurt Comparison

22 g sugar / 4 g per tsp = 5.5 tsp sugar in 1 container
Label Reading
Yogurt Comparison

Savings:
- 80 calories
- 15 g sugar
- 20 g carbohydrates
- 7 g more of protein
Label Reading
Sugar Sweetened Beverages

~7 tsp. sugar

10 tsp. sugar
Label Reading
Juice vs. Fruit

<table>
<thead>
<tr>
<th>INGREDIENTS</th>
<th>WATER, APPLE JUICE CONCENTRATE, ASCORBIC ACID</th>
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</thead>
<tbody>
<tr>
<td>CALORIES</td>
<td>120</td>
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<tr>
<td>AMOUNT PER SERVING</td>
<td>%DV</td>
</tr>
<tr>
<td>Total Fat</td>
<td>0 g</td>
</tr>
<tr>
<td>Sodium</td>
<td>30 mg</td>
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<tr>
<td>Total Carbohydrates</td>
<td>29 g</td>
</tr>
<tr>
<td>Protein</td>
<td>0 g</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>120%</td>
</tr>
<tr>
<td>Iron</td>
<td>6%</td>
</tr>
<tr>
<td>Potassium</td>
<td>290 mg</td>
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</tbody>
</table>

Savings:
8 g carbohydrates
13 g sugar
~4 g more fiber
Cooking Tips

- One of the best ways to maintain a healthy diet is by cooking at home more and eating out less. Try cooking together as a family.
- Cook in large batches. Refrigerate/freeze leftovers for use at a later time.
- Bake, broil, roast, stew or grill foods instead of frying them. You can always use an air fryer to crisp up foods.
- Trim any visible fat from meats before cooking. Remove skin from poultry. Opt for white meat over dark meat.
- Replace salt with herbs and spices and other salt-free seasonings, lemon, limes, garlic, onions.
- Use small amounts of oil instead of butter in recipes and sautées.
- Use skim or low-fat milk when making cream sauces or soups.
- Substitute Greek yogurt or cottage cheese for sour cream and mayonnaise in dips and dressings.
Healthy Swaps

MAKE A SIMPLE HEALTHY SWAP!!

10 simple choices
get healthy + slim down fast

RICE CRAVING?
- White Rice → Brown Rice
- Flour Tortilla → Corn Tortilla
- Sour Cream → Greek Yogurt
- Fruit Juice → Fruit Water

MEAL TOPPING?
- Mashed Potatoes → Mashed Cauliflower
- Tomato Sauce → Fresh Diced Tomato
- Spaghetti → Whole Grain Pasta

SALAD?
- Sliced Bread → Pita Bread
- French Fries → Sweet Potato Fries
- Three Bean Salad → Greek Yogurt

DIPS & TOPPINGS
- Flour Tortilla → Corn Tortilla
- Sour Cream → Greek Yogurt
- Fruit Juice → Fruit Water

FORWARD FITNESS
Facebook.com/TeamForwardFitness
Healthy Swaps
Food Shopping Tips

● Check store ads/websites/apps for sales
● Plan meals and snacks in advance for the week
● Make a food shopping list and try to stick to it
● Shop the perimeter of the store
● Buy fresh produce that is in season
● Try canned or frozen fruits and vegetables
  ○ Look for fruit canned in 100% fruit juice or water and vegetables with no salt added
● Other low cost items
  ○ Dried or canned beans, peas, and lentils, eggs, unsalted nuts/nut butters, canned salmon/tuna/chicken, whole grains (quinoa, brown rice, oats, barley)
● Buy store or generic brands or sale items
● Use grocery store club cards/coupons/apps to save $
● Convenience costs more so try to prepare your own meals and snacks
Physical Activity Guidelines

● Appropriate levels of physical activity contribute to the development of:
  ○ Healthy musculoskeletal tissues (bones, muscles, joints)
  ○ Healthy cardiovascular system (heart and lungs)
  ○ Coordination and movement control
  ○ Maintenance of healthy body weight
  ○ Psychological benefits
  ○ Social development

● Recommendation for youth: 60 minutes (or more) daily

● Any type and amount of activity is better than none at all

● Encourage youth to participate in activities that are appropriate for their age and ability, that they enjoy, and that offer variety
## Physical Activity Guidelines

<table>
<thead>
<tr>
<th>Type of Physical Activity</th>
<th>Examples of Activities for Youth</th>
</tr>
</thead>
<tbody>
<tr>
<td>Moderate-intensity aerobic</td>
<td>● Active recreation (hiking, skateboarding, rollerblading)</td>
</tr>
<tr>
<td></td>
<td>● Bike riding</td>
</tr>
<tr>
<td></td>
<td>● Brisk walking</td>
</tr>
<tr>
<td></td>
<td>● Dancing</td>
</tr>
<tr>
<td>Vigorous-intensity aerobic</td>
<td>● Active games involving running and chasing (tag)</td>
</tr>
<tr>
<td></td>
<td>● Martial arts</td>
</tr>
<tr>
<td></td>
<td>● Running</td>
</tr>
<tr>
<td></td>
<td>● Sports (soccer, swimming, tennis)</td>
</tr>
<tr>
<td>Muscle-strengthening</td>
<td>● Games like tug-of-war</td>
</tr>
<tr>
<td></td>
<td>● Resistance exercises using body weight or resistance bands</td>
</tr>
<tr>
<td></td>
<td>● Push-ups/sit-ups</td>
</tr>
<tr>
<td></td>
<td>● Swinging on playground equipment/bars</td>
</tr>
<tr>
<td>Bone-strengthening</td>
<td>● Games like hopscotch, skipping, jumping rope</td>
</tr>
<tr>
<td></td>
<td>● Sports (basketball, volleyball)</td>
</tr>
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</table>
Key Takeaways

- The whole diet is greater than the sum of its parts (individual foods)
- Focus on fruits and vegetables first - aim for ½ of your plate
- Opt for whole grains - ¼ of your plate
- Select lean sources of protein (eggs, fish, seafood, poultry, beans, nuts, seeds) - ¼ of your plate
- Make water your beverage of choice
- Get into the habit of reading food labels
- Preparation is half the battle - plan meals and snacks in advance
- Cook more at home - meal prep for the week
- Move more - engage in physical activity that you enjoy
References


