I also eat whole grains to keep healthy because I know they have fiber in them. Fiber is something my body needs to work right and prevent constipation.

Whole grain means they use the whole seed to make the food. It is written on the label if it has whole grain. I try to eat at least three servings of whole-grain food each day. The flour I buy to make waffles is whole grain, and so is my cereals. It is in my oatmeal, wild rice, and popcorn.

I eat foods that have protein too. I buy meat with very little fat showing. I make my meals with beans, fish, and nuts. These all have lean (very little fat) proteins. I try not to eat hot dogs, lunch meat, bacon, & sausages very often because they have a lot of fat in them.

Milk, cheese, yogurt, sour cream, and cream cheese are foods that have a lot of calcium. My body needs calcium to keep my bones and teeth strong. I am careful to read the label on these to make sure it says "low fat", so I don't get too much fat.

Sometimes I drink coffee and sodas. I don't drink much because they have caffeine in them and that is not very good for me. I try to stay away from sweetened fruit juices and most diet sodas too. I like water the most. Water keeps my body cleansed and healthy. I drink at least 8 – 8oz. glasses each day.

I know that if I had a special diet the doctor tells me to eat, I would have to eat that instead of just shopping in the store for what I want. I want to stay healthy so I can choose good foods to eat for myself.

Resource Center on Nutritional, Physical, & Nursing Supports

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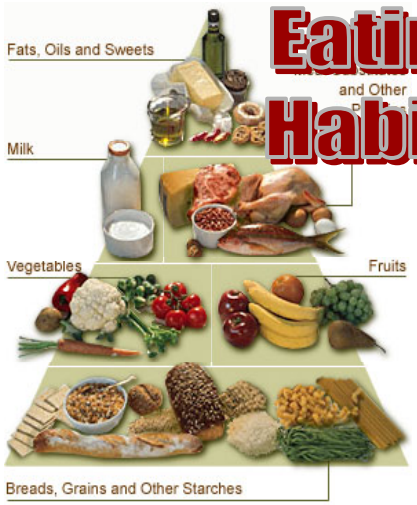
RESOURCE CENTER

Nutritional
Physical
Nursing
Supports

Healthy Lifestyles

Healthy Eating Habits



WHY DO I NEED TO LEARN TO EAT HEALTHY?

Healthy Eating Habits

I like to eat food that is healthy for me. I know that eating good, healthy food keeps my body working the way it is supposed to.

Healthy eating habits will help me live longer and be able to do the things I like to do.

Two things happen when I eat good, healthy food:

I feel good physically — my body feels good and I have energy

I feel good emotionally — my mind feels good and I enjoy living

Planning my meal is something I do before I buy my food at the grocery store. I think about what I want to eat for the next few days and write it down. That way I know what to buy at the grocery store. It keeps me from buying the wrong food.

These are my rules:

1. Make time for shopping – I plan for it

2. Shop for a **few days' worth** of healthy food and cooking stuff

3. DO NOT shop when I am **hungry** – that makes me want to buy what I do not need

4. Stay **away** from the **candy and sweets** aisles

Shopping at the Grocery Store

I have to know what is good for me before I go to the grocery store so I know what to buy when I get there. It is important to know that some foods are better for me than others. It is very important to know that some of the foods in the grocery store are just bad for me.

Things that taste real good are sometimes not very good for my body. Unhealthy food has a lot of fat, calories, salt, and sugar. I like ice-cream, candy bars, potato chips, and sour gummy candy, but I only eat a small amount of these things every once in a while for a special treat. They are not very good for me because they have a lot of fat, calories, salt, and sugar. I know too much of these foods can cause me to:

gain weight,
get **dental caries** (cavities),
get **diabetes** (high blood sugar),
and/or
get **hypertension** (high blood pressure).

American Heart Association
Products displaying the heart-check mark meet American Heart Association food criteria for saturated fat and cholesterol for healthy people over age 2.
heartcheckmark.org

An easy way I can see if a food is good for me is if it is marked with the "Heart-Healthy" check mark. If it has this mark, the American Heart Association says it has healthy levels of fat and cholesterol (a fat-like substance) for people.

Fruits and Vegetables are always a good choice for me. They have nutrients that my body needs to stay healthy. The nutrients are water, vitamins, minerals, proteins, carbohydrates, and fats. I eat about five fruits and vegetables a day. I use colors to pick healthy fruits and vegetables:

White
I eat lots of cauliflower. Sometimes I eat potatoes, onions, and mushrooms.

Green - Pick dark lettuces (like "romaine" & "red-leaf" lettuce), lots of spinach, broccoli, and Brussels sprouts.

Yellow- Orange – Fill up on carrots, winter squash, sweet potatoes, cantaloupe, oranges, and grapefruit (corn and bananas are good too).

Red - Tomatoes, strawberries, and red peppers are really good for me. I also like apples.