

EASY-TO-PREPARE Foods In Each Food Group

WOULD YOU LIKE TO MAKE MORE MEALS AT HOME?

Start with simple recipes and foods that are easy to prepare!
Here are some ideas in each food group.



1

DAIRY

Milk
Yogurt
Cheeses
Cottage cheese
Ricotta cheese

COOKING/PREPARATION METHODS:

Most dairy foods are ready to eat or drink.
They generally do not require a lot of
preparation. They also pair well with many
other food groups like fruit and grains.



2

PROTEIN FOODS

Boiled egg
Chicken
Beans
Tuna
Ground beef

COOKING/PREPARATION METHODS:

While many proteins require cooking, some canned
proteins can be served with little to no preparation. Some
examples of no-cook proteins include:

canned beans
canned tuna

canned salmon
canned chicken



Canned beans should be drained and
rinsed. Other proteins may be prepared
by boiling, pan frying, grilling, slow
cooking, baking, or microwaving.



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3 GRAINS

Whole wheat pasta
Couscous
Whole wheat bread
Brown rice
Oatmeal

COOKING/PREPARATION METHODS:

Most grains can be simply prepared by boiling them. The type of grain will determine the time it will take to cook. The instructions provided on a grain's box or package can help any cook end up with a perfectly cooked grain.

4 VEGETABLES

Broccoli
Leafy greens
Green beans
Peas
Carrots

COOKING/PREPARATION METHODS:

All fresh and frozen veggies need to be rinsed before they are prepared or eaten. Raw vegetables make a great side or base to no-cook dishes. They are also a great way to include vitamins and minerals in your family's meals. Veggies are equally delicious when cooked!

VEGETABLES CAN BE:

raw, boiled, steamed, sauteed, grilled, slow cooked, roasted, and microwaved

Steam hard veggies until soft for children under 4.

5 FRUITS

Apples
Bananas
Berries
Oranges
Melon

COOKING/PREPARATION METHODS:

All fresh and frozen fruits need to be rinsed before eating! Similar to dairy and veggies, fruit often comes ready to eat. You can get fruit fresh, frozen, or canned. Enjoy fruit in smoothies, over pancakes, on a salad, or as is. Fruit is a great way to include lots of vitamins and antioxidants in your family's diet. Many fruits can be pureed or mashed for homemade jams or spreads.

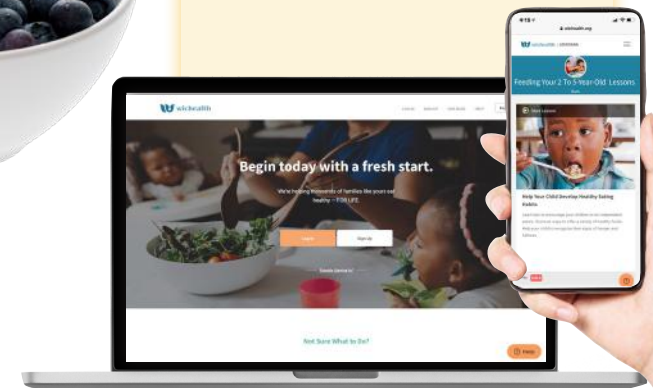
Fruit should be peeled for children under 4 years old.

Take This Lesson to Learn:

- How to create mealtime routines and structures.
- Simple menu ideas.
- Appropriate portion sizes for children.

To Get Started:

- Visit wichealth.org
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