

# EATING FROM ALL 5 FOOD GROUPS: 15 QUICK AND EASY IDEAS

## WHEN IT COMES TO EATING...

Does your family eat a variety of vegetables, fruits, grains, dairy, and protein by the end of the week? Many of us find ourselves eating the same foods over and over. The best way to make sure our bodies get ALL of the nutrients they need is to eat a variety of foods from each of the 5 food groups. That's because each food group and individual food offers different nutrients. When we don't eat a variety from each group, we may miss important nutrients. This can lead to health problems.

**\*\*\*  
GOOD NEWS:  
Adding variety  
can be easy!**

Fiesta chicken  
fajita wrap on  
a whole wheat  
tortilla with a side  
of watermelon



As you plan meals and snacks, keep these simple ideas in mind:

You don't need to eat from all 5 food groups at every meal or snack.

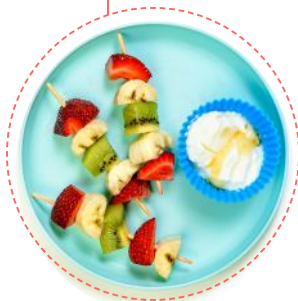
Eat a variety of foods from all 5 groups over the week.

Include at least 3 food groups in most meals; make half your meal veggies and/or fruit.

Include at least 2 food groups in most snacks; choose at least one veggie or fruit.

Limit added sugars, saturated fat, and sodium.

Fruit skewers with Greek yogurt



Mini pizza with cherry tomatoes



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## VARY YOUR VEGGIES

- 1 Make soup from veggies you have on hand.
- 2 Try a stir-fry with fresh or frozen veggies for a quick meal or easy side dish.
- 3 Pick out a veggie that your family has not tried.



## FOCUS ON WHOLE FRUITS

- 4 Top cereal with your favorite seasonal fruit.
- 5 Include fruit in your salsa. Mango, pineapple, and peaches work well.
- 6 Add bananas or chopped apples to pancakes.



## MAKE HALF YOUR GRAINS WHOLE GRAINS

- 7 Consider trying whole grain pasta or brown rice.
- 8 Try whole wheat udon or buckwheat soba in your next grain bowl.
- 9 Instead of sandwich bread, try a whole grain pita, tortillas, or naan bread.

## EAT A VARIETY OF PROTEIN FOODS

- 10 Have fish or seafood twice a week.
- 11 Meatless meals are tasty and budget-friendly. Try bean-based vegetarian chili or lentil soup.
- 12 Grill or stir fry tofu with veggies, or add chopped nuts to salads.



 Whole nuts are a choking hazard and should not be given to children under 4. Finely minced is OK to give.



## MOVE TO LOW-FAT DAIRY PRODUCTS STARTING AT AGE 2

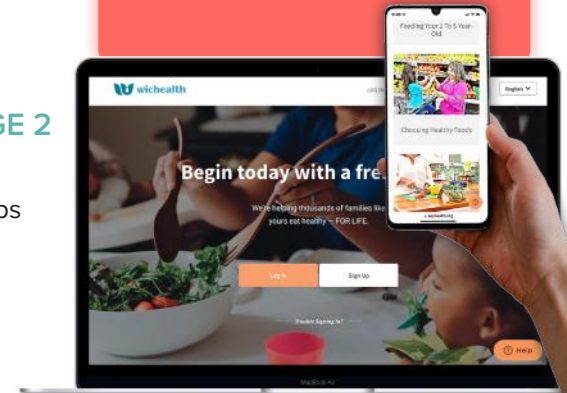
- 13 Add low-fat or fat-free dairy to oatmeal or pureed veggie soups instead of water.
- 14 Add low-fat or fat-free dairy to smoothies or scrambled eggs.
- 15 Make a fruit salad with low-fat or fat-free yogurt.

### Take This Lesson to Learn:

- Easy ways to add more variety to your meals and snacks.
- Tips to get kids involved in the kitchen.
- How to help your child develop healthy eating habits.

### To Get Started:

- Visit [wichealth.org](http://wichealth.org)
- Choose **Sign up**
- Enter your information
- Choose a username and password
- Select **Begin**
- Choose the category: **Choosing Healthy Foods**
- Choose the lesson: **Time To Eat! What's On Your Plate?**



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