

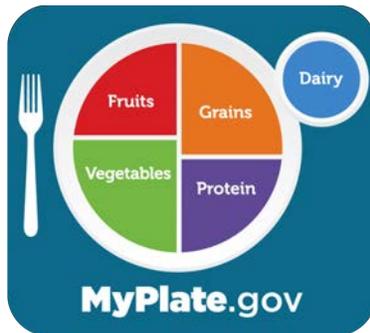


EMBRACING BALANCE: EATING HEALTHY WITH ALL KINDS OF FOODS

It's important to know that all foods can fit into one's diet. This helps us have a healthy relationship with food. Focus on health and well-being—not on diets or food rules. Remember that weight is not the only way to know if you're healthy.

Eat different kinds of foods

- Include foods from different food groups in your meals and snacks. Pick from foods groups based on the MyPlate map and Marcia Herrin's framework:
 - Calcium (dairy and non-dairy options)
 - Complex carbohydrates or grains
 - Fat
 - Fruits
 - Vegetables
 - Fun foods
 - Protein
- Be flexible and varied. Eat different foods to meet your body's needs and preferences.
- Listen to your body. Know the signs of being hungry or full. Eat when you're hungry, stop when you feel full.
- Don't label foods as good or bad. Just enjoy a variety of foods and flavors.
- Eat mindfully. Be grateful for your food. You can enjoy your meals more when you eat in a positive space with no distractions.



- All foods fit. There are many paths to a balanced diet.
- Try new foods and flavors. This makes eating fun and helps you discover new tastes.

Enjoy meals together

Eating together as a family is a fun way to celebrate the diversity and richness of the foods that nourish your body and soul. Mealtimes are about teamwork during childhood. It's a way for grown-ups and kids to work together to make eating positive and healthy.

Here's how it works:

1. Grown-up's job: Grown-ups decide what foods to serve and when to eat. They prepare the food and make sure there's a variety of food groups.
2. Kid's job: Kids have their own job too! They choose how much they want to eat and if they want to try new foods. They can listen to their tummies and eat until they're full.

It's like a balanced partnership where everyone has a role to play. Grown-ups take care of the food, and kids listen to their bodies to know when they're hungry or full. This lets everyone enjoy meals together without stress.

Have questions?

Ask to schedule an appointment with a registered dietitian to learn more.