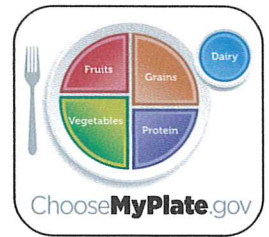


10 tips

Nutrition
Education Series

be an active family

10 tips for becoming more active as a family



Physical activity is important for children and adults of all ages. Being active as a family can benefit everyone. Adults need 2½ hours a week of physical activity, and children need 60 minutes a day. Follow these tips to add more activity to your family's busy schedule.

1 set specific activity times

Determine time slots throughout the week when the whole family is available. Devote a few of these times to physical activity. Try doing something active after dinner or begin the weekend with a Saturday morning walk.



6 plan for all weather conditions

Choose some activities that do not depend on the weather conditions. Try mall walking, indoor swimming, or active video games. Enjoy outdoor activities as a bonus whenever the weather is nice.

7 turn off the TV

Set a rule that no one can spend longer than 2 hours per day playing video games, watching TV, and using the computer (except for school work). Instead of a TV show, play an active family game, dance to favorite music, or go for a walk.

2 plan ahead and track your progress

Write your activity plans on a family calendar. Let the kids help in planning the activities. Allow them to check it off after completing each activity.

3 include work around the house

Involve the kids in yard work and other active chores around the house. Have them help you with raking, weeding, planting, or vacuuming.



8 start small

Begin by introducing one new family activity and add more when you feel everyone is ready. Take the dog for a longer walk, play another ball game, or go to an additional exercise class.



4 use what is available

Plan activities that require little or no equipment or facilities. Examples include walking, jogging, jumping rope, playing tag, and dancing. Find out what programs your community recreation center offers for free or minimal charge.

9 include other families

Invite others to join your family activities. This is a great way for you and your kids to spend time with friends while being physically active. Plan parties with active games such as bowling or an obstacle course, sign up for family programs at the YMCA, or join a recreational club.



5 build new skills

Enroll the kids in classes they might enjoy such as gymnastics, dance, or tennis. Help them practice. This will keep things fun and interesting, and introduce new skills!

10 treat the family with fun physical activity

When it is time to celebrate as a family, do something active as a reward. Plan a trip to the zoo, park, or lake to treat the family.



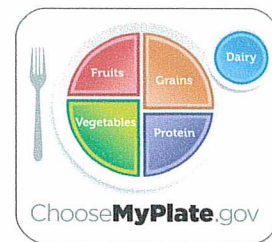
United States
Department of
Agriculture

Go to www.ChooseMyPlate.gov
for more information.

DG TipSheet No. 29
April 2013
Center for Nutrition Policy and Promotion
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be a healthy role model for children

10 tips for setting good examples

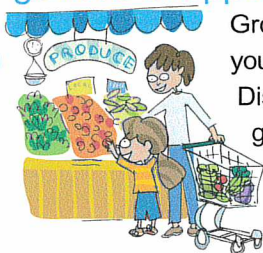


You are the most important influence on your child. You can do many things to help your children develop healthy eating habits for life. Offering a variety of foods helps children get the nutrients they need from every food group. They will also be more likely to try new foods and to like more foods. When children develop a taste for many types of foods, it's easier to plan family meals. Cook together, eat together, talk together, and make mealtime a family time!

1 show by example

Eat vegetables, fruits, and whole grains with meals or as snacks. Let your child see that you like to munch on raw vegetables.

2 go food shopping together



Grocery shopping can teach your child about food and nutrition. Discuss where vegetables, fruits, grains, dairy, and protein foods come from. Let your children make healthy choices.

3 get creative in the kitchen

Cut food into fun and easy shapes with cookie cutters. Name a food your child helps make. Serve "Janie's Salad" or "Jackie's Sweet Potatoes" for dinner. Encourage your child to invent new snacks. Make your own trail mixes from dry whole-grain, low-sugar cereal and dried fruit.

4 offer the same foods for everyone

Stop being a "short-order cook" by making different dishes to please children. It's easier to plan family meals when everyone eats the same foods.



5 reward with attention, not food

Show your love with hugs and kisses. Comfort with hugs and talks. Choose not to offer sweets as rewards. It lets your child think sweets or dessert foods are better than other foods. When meals are not eaten, kids do not need "extras"—such as candy or cookies—as replacement foods.

6 focus on each other at the table

Talk about fun and happy things at mealtime. Turn off the television. Take phone calls later. Try to make eating meals a stress-free time.



7 listen to your child

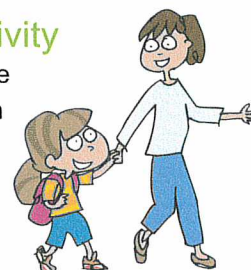
If your child says he or she is hungry, offer a small, healthy snack—even if it is not a scheduled time to eat. Offer choices. Ask "Which would you like for dinner: broccoli or cauliflower?" instead of "Do you want broccoli for dinner?"

8 limit screen time

Allow no more than 2 hours a day of screen time like TV and computer games. Get up and move during commercials to get some physical activity.

9 encourage physical activity

Make physical activity fun for the whole family. Involve your children in the planning. Walk, run, and play with your child—instead of sitting on the sidelines. Set an example by being physically active and using safety gear, like bike helmets.



10 be a good food role model

Try new foods yourself. Describe its taste, texture, and smell. Offer one new food at a time. Serve something your child likes along with the new food. Offer new foods at the beginning of a meal, when your child is very hungry. Avoid lecturing or forcing your child to eat.

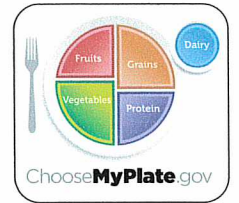


10 tips

Nutrition Education Series

build healthy mealtime habits

10 tips for preschoolers



Preschoolers love to copy what their parents do. They mimic your table manners, your willingness to try new foods, and your preferences. Take a break from the TV or phone and build healthy mealtime habits together.

1 plan meals and snacks

Make time for three meals and one or two snacks every day. Offer choices from each food group—fruits, vegetables, whole grains, low-fat dairy, and protein foods—throughout the day so your preschooler gets the nutrition he or she needs.

2 make meals enjoyable

Eat meals with your children whenever possible. Let them help you prepare the meal. Make conversation about something that made them laugh. Keep mealtime upbeat and stress free.



3 try to get two food groups in a snack

Pair sliced tomato with low-fat cheese or add nut butter to a 100% whole-wheat mini bagel.

4 keep things positive

Talk about the color, feel, or flavor of foods so they sound appealing to your preschooler. Discourage others from making negative comments about foods during meals.



5 develop taste buds

When preschoolers develop a taste for many foods, it's easier to plan meals. Keep in mind that it may take a dozen tries for a child to accept a new food.

6 visit the market

Shopping can teach your preschooler about food and healthy eating—talk about where foods come from and how they grow.

7 let children practice serving themselves

Include smaller cuts of fish or meat and offer small serving utensils so they get just enough during meals. Encourage them to ask for more if they are still hungry.

8 beverages are important, too

Water helps to quench your preschooler's thirst, and milk provides nutrients for growth. Offer water or fat-free or low-fat milk as beverage choices instead of sugary drinks.



9 help them know when they are full

Encourage your child to stop eating when he or she is full rather than when the plate is clean. When your child is not interested in the meal, excuse him or her from the table.

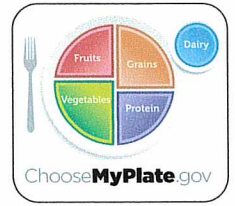
10 reward with attention, not treats

Rewarding children with sweet desserts or snacks may encourage them to think that treats are better than other foods. Comfort and reward with care and praise, not food.



**10
tips**
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food safety tips for preschoolers



10 tips to keep food safe and clean

Keeping your preschooler safe is your number one priority. Building safe habits will be valuable throughout their lives. Follow these simple tips to keep food safe and clean for your preschooler.

1 develop a healthy habit for life

Encourage handwashing after using the bathroom, before and after eating, after playing with pets, or whenever they are dirty. **Preschoolers are less likely to get sick if they wash their hands often.** Keep a stool by the sink to make handwashing easier.



2 make handwashing fun!

Sing "Twinkle, Twinkle, Little Star" or the "Alphabet" song or count for 20 seconds each time to make sure your child is washing long enough. Have them pick out a favorite soap to keep them interested.

3 send a safe, healthy lunch

Keep foods cold by adding a frozen juice box or small ice pack to an insulated lunch box. When using paper lunch bags, double bag to help maintain the temperature.

4 keep hot lunches hot

Use an insulated thermos to keep foods like soup warm until lunchtime. Fill your thermos with boiling water and let stand for a few minutes. Then empty the water and fill with piping hot food.



5 safe snacking

Many hands touching snacks can result in the spread of germs. Divide snacks up into small bags or buy single-serve packets. Rinse fruits and vegetables before slicing and serving them as snacks.

6 stay clean

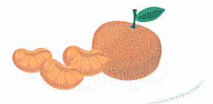
Young children can easily get sick because their immune systems are not fully developed. Keep food and surfaces clean. Wash surfaces before and after you prepare foods like fish, meat, eggs, and cheese for your preschooler.

7 holiday eggs

Hard-cooked eggs are a fun tradition for many families. After boiling eggs, dye them in food-safe coloring and return them to the refrigerator within 2 hours to keep them safe to eat.

8 some foods are hard to swallow

Avoid foods that are hard to swallow or cut them into small pieces, about 1/2 inch. Hard-to-swallow foods can include peanuts, popcorn, round slices of hot dog, hard candy, whole grapes, and cherry tomatoes.



9 watch how they eat

To prevent choking, have your preschoolers sit down when they eat. Avoid letting them run, walk, play, or lie down with food in their mouth.

10 seafood for preschoolers

Omega-3 fats in fish and shellfish have important health benefits for young children. But be aware of chemicals such as mercury. Choices that are often lower in mercury include salmon, sardines, tilapia, trout, pollock, and catfish.



**10
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MyPlate
MyWins

Based on the
**Dietary
Guidelines
for Americans**

MyPlate snack tips for parents

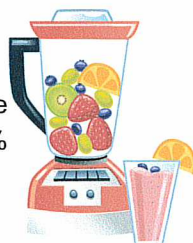
Snacks can help children get the nutrients needed to grow. Prepare snacks that include two or more food groups. For younger children, help them get just enough to satisfy their hunger. Let older kids make their own snacks by keeping healthy foods in the kitchen. Visit ChooseMyPlate.gov to help you and your kids select a satisfying snack.

1 Save time by slicing veggies

Store sliced vegetables in the refrigerator and serve with hummus. Top half of a whole-wheat English muffin with spaghetti sauce, chopped vegetables, and low-fat shredded mozzarella and melt in the microwave.

2 Mix it up

For older school-age kids, mix dried fruit, unsalted nuts, and popcorn in a snack-size bag for a quick trail mix. Put fat-free yogurt, 100% fruit juice, and frozen peaches in a blender to make a tasty smoothie.



6 Keep an eye on the size

Snacks shouldn't replace a meal, so look for ways to help your kids understand how much is enough. Store snack-size bags in the cupboard and use them to control serving sizes.

7 Fruits are quick and easy

Fresh, frozen, dried, or canned fruits, such as applesauce, frozen grapes, or raisins, can be easy "grab-and-go" options that need little preparation. Offer whole fruit and limit the amount of 100% juice served. Choose canned fruits that are lowest in added sugars.

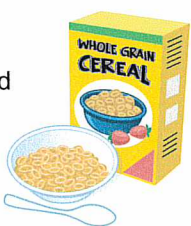


3 Grab a glass of milk

A cup of low-fat milk or fortified soy beverage is an easy way to drink a healthy snack.

4 Go for great whole grains

Offer whole-wheat breads, popcorn, and whole-oat cereals that are high in fiber and low in added sugars, saturated fat, and sodium. Limit refined-grain products such as snack bars, cakes, and sweetened cereals.



8 Consider convenience

A single-serving container of low-fat yogurt or individually wrapped string cheese can be just enough for an afterschool snack.



9 Swap out the sugar

Keep healthier foods handy so kids avoid cookies, pastries, or candies between meals. Add seltzer water to a ½ cup of 100% fruit juice instead of offering soda.

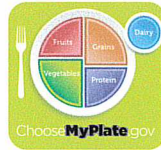
5 Snack on protein foods

Choose protein foods such as unsalted nuts and seeds, hummus or other bean dips, and hard-cooked (boiled) eggs for a healthy, easy snack. Store hard-cooked eggs in the refrigerator for up to 1 week for kids to enjoy any time.

10 Prepare homemade goodies

For homemade sweets, add dried fruits like apricots or raisins and reduce the amount of sugar in the recipe. Adjust recipes that include fats like butter or shortening by using unsweetened applesauce or prune puree for half the amount of fat.

**10
tips
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**MyPlate
MyWins**

Based on the
**Dietary
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Cut back on your kid's sweet treats

Set your kids on a path for lifelong healthy eating by limiting the amount of added sugars they eat. Sweet treats and sugary drinks have lots of calories but few nutrients. Most added sugars come from sodas; sports, energy, and fruit drinks; cakes; cookies; ice cream; candy; and other desserts.

1 Serve small portions

Show kids that a small amount of treats can go a long way. Use smaller bowls and plates for these foods and serve them in bite-size portions.

2 Sip smarter

Soda and other sugar-sweetened drinks contain a lot of sugar and are high in calories. Offer water when kids are thirsty.



3 Use the checkout lane that does not display candy

Most grocery stores will have a candy-free checkout lane to help avoid temptation. Waiting in a regular checkout lane tempts children to ask for candy that is right in front of them.

4 Choose not to offer sweets as rewards

By offering food as a reward for good behavior, children learn to think that some foods are better than other foods. Reward your child with kind words and comforting hugs, or give them non-food items, like stickers, to make them feel special.

5 Make fruit the first choice

Offer a variety of fruits in different ways. Make fruit kabobs using cantaloupe, bananas, and strawberries or offer whole fruits such as pears, clementines, or apples.



6 Make food fun

Sugary foods that are marketed to kids are advertised as "fun foods." Make nutritious foods fun by preparing them with your child's help and being creative together. Create a smiley face with sliced bananas and raisins. Cut fruit into fun and easy shapes with cookie cutters.

7 Encourage kids to invent new snacks

Make your own snack mixes from dry whole-grain cereal, dried fruit, and unsalted nuts or seeds. Let school-age kids choose the ingredients to create their own snack.



8 Play detective in the grocery aisle

Show kids how to find the amount of total sugars on the Nutrition Facts label in various cereals, yogurts, and other products. Challenge them to compare products they like and select the one with the lowest amount of sugar.

9 Make treats "treats," not everyday foods

Treats are okay once in a while. Just don't make treat foods an everyday thing. Limit sweet treats to special occasions.

10 If kids don't eat their meal, they don't need sweet "extras"

Keep in mind that candy or cookies should not replace foods that are not eaten at meal time.



United States Department of Agriculture

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Make better beverage choices

A healthy eating style includes all foods and beverages. Many beverages contain added sugars and offer little or no nutrients, while others may provide nutrients but too many calories from saturated fat. Here are some tips to help you make better beverage choices.

1 Drink water

Drink water instead of sugary drinks. Non-diet soda, energy or sports drinks, and other sugar-sweetened drinks contain a lot of calories from added sugars and few nutrients.



2 How much water is enough?

Let your thirst be your guide. Everyone's needs are different. Most of us get enough water from the foods we eat and the beverages we drink. A healthy body can balance water needs throughout the day. Drink plenty of water if you are very active or live or work in hot conditions.

3 A thrifty option

Water is usually easy on the wallet. You can save money by drinking water from the tap at home or when eating out.

4 Manage your calories

Drink water with and between your meals. Adults and children take in about 400 calories per day as beverages—drinking water can help you manage your calories.

5 Kid-friendly drink zone

Make water, low-fat or fat-free milk, or 100% juice an easy option in your home. Have ready-to-go containers available in the refrigerator. Place them in lunch boxes or backpacks for easy access when kids are away from home. Depending on age, children can drink ½ to 1 cup, and adults can drink up to 1 cup of 100% fruit or vegetable juice* each day.



6 Don't forget your dairy**

Select low-fat or fat-free milk or fortified soy beverages. They offer key nutrients such as calcium, vitamin D, and potassium. Older children, teens, and adults need 3 cups of milk per day, while children 4 to 8 years old need 2½ cups and children 2 to 3 years old need 2 cups.

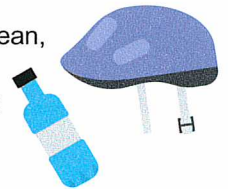


7 Enjoy your beverage

When water just won't do—enjoy the beverage of your choice, but just cut back. Remember to check the serving size and the number of servings in the can, bottle, or container to stay within calorie needs. Select smaller cans, cups, or glasses instead of large or supersized options.

8 Water on the go

Water is always convenient. Fill a clean, reusable water bottle and toss it in your bag or briefcase to quench your thirst throughout the day. Reusable bottles are also easy on the environment.



9 Check the facts

Use the Nutrition Facts label to choose beverages at the grocery store. The food label and ingredients list contain information about added sugars, saturated fat, sodium, and calories to help you make better choices.

10 Compare what you drink

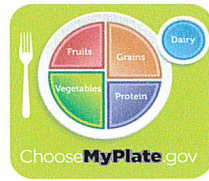
Food-A-Pedia, an online feature available at SuperTracker.usda.gov, can help you compare calories, added sugars, and fats in your favorite beverages.

*100% juice is part of the Fruit or Vegetable Group.

** Milk is a part of the Dairy Group. A cup = 1 cup of milk or yogurt, 1½ ounces of natural cheese, or 2 ounces of processed cheese.

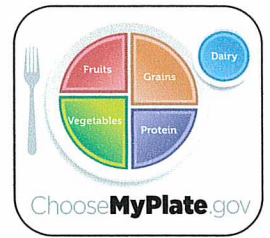
10 tips

Nutrition Education Series



the School Day just got Healthier

United States Department of Agriculture



Nearly 32 million children receive meals throughout the school day. These meals are based on nutrition standards from the U.S. Department of Agriculture. New nutrition standards for schools increase access to healthy food and encourage kids to make smart choices. Schools are working to make meals more nutritious, keep all students hunger-free, and help children maintain or reach a healthy weight.

1 healthier school meals for your children

Your children benefit from healthier meals that include more whole grains, fruits and vegetables, low-fat dairy products, lower sodium foods, and less saturated fat. Talk to your child about the changes in the meals served at school.

2 more fruits and vegetables every day

Kids have fruits and vegetables at school every day. A variety of vegetables are served throughout the week including red, orange, and dark-green vegetables.



3 more whole-grain foods

Half of all grains offered are whole-grain-rich foods such as whole-grain pasta, brown rice, and oatmeal. Some foods are made by replacing half the refined-grain (white) flour with whole-grain flour.



4 both low-fat milk (1%) and fat-free milk varieties are offered

Children get the same calcium and other nutrients, but with fewer calories and less saturated fat by drinking low-fat (1%) or fat-free milk. For children who can't drink milk due to allergies or lactose intolerance, schools can offer milk substitutes, such as calcium-fortified soy beverages.



5 less saturated fat and salt

A variety of foods are offered to reduce the salt and saturated fat in school meals. Main dishes may include beans, peas, nuts, tofu, or seafood as well as lean meats or poultry. Ingredients and foods contain less salt (sodium).



6 more water

Schools can provide water pitchers and cups on lunch tables, a water fountain, or a faucet that allows students to fill their own bottles or cups with drinking water. Water is available where meals are served.

7 new portion sizes

School meals meet children's calorie needs, based on their age. While some portions may be smaller, kids still get the nutrition they need to keep them growing and active.

8 stronger local wellness programs

New policies offer opportunities for parents and communities to create wellness programs that address local needs. Talk with your principal, teachers, school board, parent-teacher association, and others to create a strong wellness program in your community.

9 MyPlate can help kids make better food choices

Show children how to make healthy food choices at school by using MyPlate. Visit ChooseMyPlate.gov for tips and resources.



10 resources for parents

School meal programs can provide much of what children need for health and growth. But for many parents, buying healthy foods at home is a challenge. Learn more about healthy school meals and other nutrition assistance programs at www.fns.usda.gov.



10 tips Nutrition Education Series



MyPlate MyWins

Based on the
**Dietary
Guidelines
for Americans**

Choosing whole-grain foods

Whole grains are important sources of nutrients such as zinc, magnesium, B vitamins, and fiber. There are many choices available to make half your grains whole grains. But whole-grain foods should be handled with care. Over time and if not properly stored, oils in whole grains can cause spoilage. Consider these tips to select whole-grain products and keep them fresh to eat.

1 Search the label

Whole grains can be an easy choice when preparing meals. Choose whole-grain breads, breakfast cereals, and pastas. Look at the Nutrition Facts labels and ingredients lists to find choices lower in sodium, saturated fat, and added sugars.

Nutrition Facts	
Serving Size 2 1/2 cups (57g) Servings Per Container About 4	
Total Fat 10g	20%
Saturated Fat 2 1/2g	5%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 10mg	2%
Total Carbohydrate 31g	12%
Dietary Fiber 3g	12%
Protein 6g	12%
Vitamin A	0%
Vitamin C	0%
Calcium	2%
Iron	6%

2 Look for the word “whole” at the beginning of the ingredients list

Some whole-grain ingredients include whole oats, whole-wheat flour, whole-grain corn, whole-grain brown rice, and whole rye. Foods that say “multi-grain,” “100% wheat,” “high fiber,” or are brown in color may not be a whole-grain product.

3 Choose whole grains at school

Prepare meals and snacks with whole grains at home so your kids are more likely to choose whole-grain foods at school.



4 Find the fiber on label

If the product provides at least 3 grams of fiber per serving, it is a good source of fiber. If it contains 5 or more grams of fiber per serving, it is an excellent source of fiber.

5 Is gluten in whole grains?

People who can't eat wheat gluten can eat whole grains if they choose carefully. There are many whole-grain products, such as buckwheat, certified gluten-free oats or oatmeal, popcorn, brown rice, wild rice, and quinoa that fit gluten-free diet needs.

6 Check for freshness

Buy whole-grain products that are tightly packaged and well sealed. Grains should always look and smell fresh. Also, check the expiration date and storage guidelines on the package.

7 Keep a lid on it

When storing whole grains from bulk bins, use containers with tight-fitting lids and keep in a cool, dry location. A sealed container is important for maintaining freshness and reducing bug infestations.



8 Buy what you need

Purchase smaller quantities of whole-grain products to reduce spoilage. Most grains in sealed packaging can be kept in the freezer.

9 Wrap it up

Whole-grain bread is best stored at room temperature in its original packaging, tightly closed with a quick-lock or twist tie. The refrigerator will cause bread to lose moisture quickly and become stale. Properly wrapped bread will store well in the freezer.



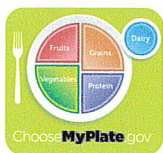
10 What's the shelf life?

Since the oil in various whole-grain flours differs, the shelf life varies too. Most whole-grain flours keep well in the refrigerator for 2 to 3 months and in the freezer for 6 to 8 months. Cooked brown rice can be refrigerated 3 to 5 days and can be frozen up to 6 months.



United States Department of Agriculture

10 tips Nutrition Education Series



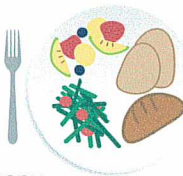
MyPlate MyWins

Based on the
Dietary
Guidelines
for Americans

Make healthier holiday choices

The holidays are often filled with time-honored traditions that include some of our favorite meals and foods. As you celebrate, think of little changes you can make to create healthier meals and active days.

1 Create MyPlate makeovers
Makeover your favorite holiday dishes. Use My Recipe on SuperTracker to improve holiday recipes and get healthier results. Go to Supertracker.usda.gov/myrecipe.aspx.



2 Enjoy all the food groups at your celebration
Prepare whole-grain crackers with hummus as an appetizer; add unsalted nuts and black beans to a green-leaf salad; include fresh fruit at the dessert table; use low-fat milk instead of heavy cream in your casseroles. Share healthier options during your holiday meal.

3 Make sure your protein is lean
Turkey, roast beef, or fresh ham are lean protein choices. Trim visible fat before cooking. Try baking or broiling instead of frying. Go easy on sauces and gravies.

4 Cheers to good health
Quench your thirst with low-calorie options. Drink water with lemon or lime slices. Offer seltzer water with a splash of 100% fruit juice.

5 Bake healthier
Use recipes with unsweetened applesauce or mashed ripe bananas instead of butter. Try reducing the amount of sugar listed in recipes. Use spices such as cinnamon, allspice, or nutmeg to add flavor.



6 Tweak the sweet
For dessert, try baked apples with cinnamon and a sprinkle of sugar instead of apple pie. Invite your guests to make their own parfait with colorful sliced fruit and low-fat yogurt.



7 Be the life of the party
Laugh, mingle, dance, and play games. Focus on fun and enjoy the company of others.

8 Make exercise a part of the fun
Make being active part of your holiday tradition. Have fun walking and talking with family and friends after a holiday meal. Give gifts that encourage others to practice healthy habits such as workout DVDs, running shoes, and reusable water bottles.

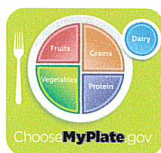
9 Enjoy leftovers
Create delicious new meals with your leftovers. Add turkey to soups or salads. Use extra veggies in omelets, sandwiches, or stews. The possibilities are endless!

10 Give to others
Spend time providing foods or preparing meals for those who may need a little help. Give food to a local food bank or volunteer to serve meals at a shelter during the holiday season.





**10
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Nutrition
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Based on the
**Dietary
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Make celebrations fun, healthy, and active

Eating healthy and being physically active can be a fun part of parties and events. Great gatherings are easy to have when tasty, healthy foods from all the food groups are offered in a fun, active environment. Above all, focus on enjoying friends and family.

1 Make healthy habits part of your celebrations

Although food and beverages are a part of many events, they do not have to be the center of the occasion. Focus on activities that get people moving and allow people to enjoy each other's company.

2 Make foods look festive

Add a few eye-catching vegetables to a favorite dish or a new recipe. Add a sprinkle of herbs or spices to make the dish pop. Cut foods into interesting shapes.

3 Offer thirst quenchers that please

Make fun ice cubes from 100% juice or add slices of fruit to make water more exciting.

4 Savor the flavor

Take time to pay attention to the taste of each bite of food. Make small, healthy changes to your recipes or try dishes from another culture to liven things up.

5 Let MyPlate be your guide

Offer whole-grain crackers, serve a spicy bean dip and a veggie tray, make fruit kabobs, layer yogurt and fruit to create a sweet parfait. Use whole-grain pasta or brown rice and veggies to make a savory, healthy salad.

6 Make physical activity part of every event

Being physically active makes everyone feel good. Dancing, moving, and playing active games add fun to any gathering.

7 Try out some healthier recipes

Find ways to cut back on added sugars, salt, and saturated fat as you prepare your favorite recipes. Try out some of the recipes on WhatsCooking.fns.usda.gov.

8 Keep it simple

Have others participate by contributing a healthy prepared dish, helping with the cleanup, or keeping the kids active.

9 Shop smart to eat smart

Save money by offering foods that fit your budget. Buy in-season produce when it costs less and tastes better. Plan in advance and buy foods on sale.

10 Be a cheerleader for healthy habits

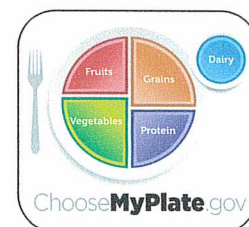
It's never too early for adults to set an example. Keep in mind that children follow what the adults around them do—even at parties.



10 tips

Nutrition
Education Series

enjoy foods from many cultures



10 tips to wisely celebrate healthier foods and customs

As a diverse Nation, we can embrace our cultural traditions for the foods we love and still prepare them in healthier ways. This involves being creative with favorite recipes by substituting foods and ingredients that are less healthy with flavorful and appealing choices that still help remind us of our treasured food ways.

1 cook with others

Learn about cooking different traditional or regional foods from others who use authentic recipes and ingredients and explore ways to improve the nutrition of some of your own family favorites. Cooking dishes at home allows you to add variety to meals. If needed, adapt recipes by cutting back on gravies, creams, and sauces; adding more vegetables; or baking instead of frying.



2 blend cultures

Many popular foods and beverages in America blend the cuisines of many cultures. Celebrate our Nation's diversity and be inspired by dishes that include more fruits, vegetables, whole grains, beans, seafood, lean meats, and low-fat dairy.

3 add a touch of spice

Combinations of herbs and spices often remind us of dishes from our own heritage or our favorite ethnic food. Add flavor to meals with herbs and spices, such as chili, garlic, ginger, basil, oregano, curry, or cilantro, which can replace salt and saturated fat.



4 use familiar foods to create exotic dishes

Use foods you know and prepare new recipes, such as adding curry to chick peas, cilantro to brown rice, or mango to your salad or smoothie. Make half your plate fruits and vegetables.

5 find the salt and sodium and go with lower numbers

All packaged foods are labeled to show amounts of sodium. Use "low-sodium" soy sauce, or broth or canned beans labeled "no salt added." Check nutrition labels and use products that are lower in sodium or are salt-free.

6 think about beverages

Many cultures offer tasty beverages, such as fruit drinks, alcoholic drinks, rich coffees, and sweet teas. Consider using frozen fruits to create a great tasting smoothie, or adding spices, low-fat dairy, and small amounts of sugar to make beverages. When buying prepared beverages, choose items with less sugar and fat. To manage calories, drink water or other unsweetened beverages instead of sugary drinks.

7 delight in cultural gatherings

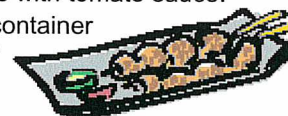
Celebrate traditions, especially those that help you stay physically active. Have fun with traditional dances, sports, and games that make you move. Balance what you eat with regular physical activity.

8 show children what's important

Children learn to cook from their elders. Show kids how meals and dishes from various traditions are prepared. Let them taste foods they made, as you share related stories and customs from your own heritage or expose them to other cultures, but consider ways to cut back on high-calorie foods and ingredients.

9 make smart choices when dining out

Eating out offers tempting new dishes that make it easy to overeat. Choose lower calorie dishes, such as stir fries, kabobs, or whole-wheat pastas with tomato sauce. Split a dish or ask for a take-home container at the start of a meal to save part of what's served on your plate.



10 remember, all types of foods fit on MyPlate

MyPlate is designed to remind Americans to eat healthfully, using foods from the food groups. The MyPlate website provides practical information, tips, tools, and recipes that will help you build a healthier diet. Go to www.ChooseMyPlate.gov.



United States
Department of
Agriculture

Go to www.ChooseMyPlate.gov
for more information.

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