



Lesson 3

Eating Healthy & Food Groups



Disclaimer



The information in this presentation is not intended or implied to be a substitute for professional medical advice, diagnosis or treatment.



**Healthy life starts
with healthy eating**

Video 1





**it's my
CHOICE**

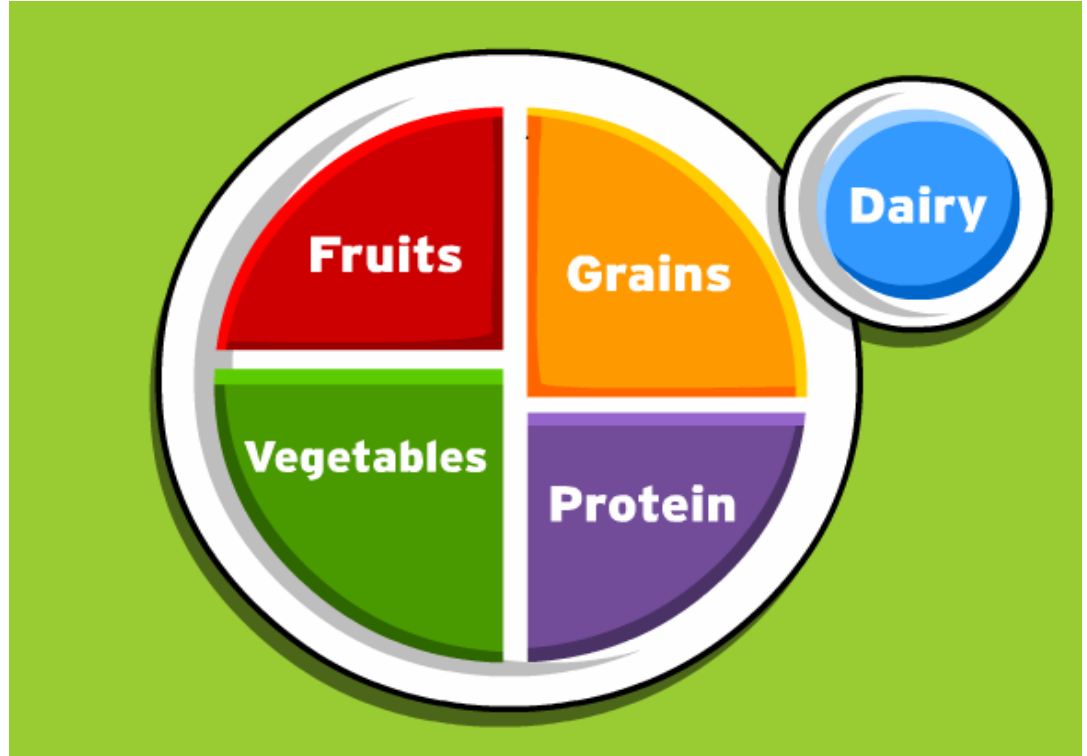
Healthy Eating = making better choices
about what we eat everyday

Let's learn about the Food Groups



5 Food Groups

- Fruits
- Vegetables
- Grains
- Protein
- Dairy



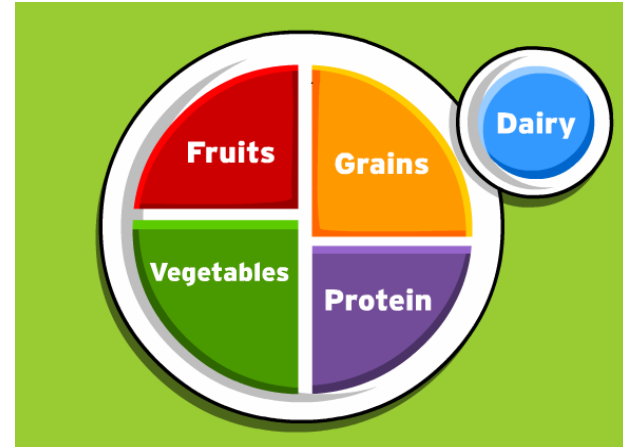
Video 2





Easy way to remember food groups

- Fruits
 - Vegetables
 - Grains
 - Protein
 - Dairy
- For
 - Very
 - Good
 - Perfect
 - Diet





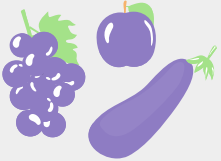
FRUITS

Fruits and Vegetable Colors

Eating the Colors of the Rainbow!



Purple



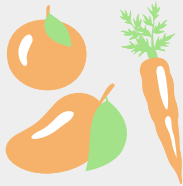
Heart Health

Red



Reduce Cancer

Orange



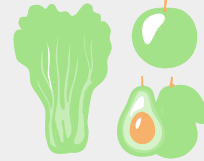
Eye Health

Yellow



Immune System

Green



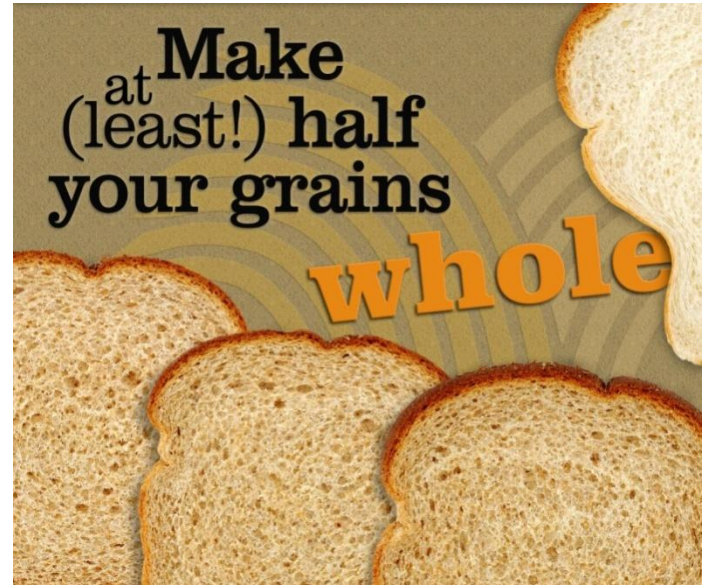
Digestion

A collage of various grains. In the center, several slices of whole-grain bread with seeds are stacked on a wooden cutting board. To the left, a glass bowl contains a mixture of white and brown rice with black sesame seeds. In the foreground, a wooden bowl is filled with a mix of red, white, and black quinoa. To the right, a small pile of whole-wheat fusilli pasta sits on a light-colored surface, surrounded by scattered seeds. A portion of a flatbread is visible on the far right edge.

GRAINS

What is whole grain?

- **Whole grains** are more healthy to eat because they tend to have more **fiber** and **vitamins** than refined grain.



Video 3





Look for words such as whole grain or whole wheat on the packaging or ingredient list.

| | | | |
|--------------------|-----------|---------|---------|
| | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2,400mg | 2,400mg |
| Potassium | | 3,500mg | 3,500mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

INGREDIENTS: WHOLE GRAIN WHEAT. TO PRESERVE THE NATURAL WHEAT FLAVOR, BHT IS ADDED TO THE PACKAGING MATERIAL.
CONTAINS: WHEAT.



A collage of various protein-rich foods arranged on a wooden surface. In the center, a large white plate holds several pieces of fresh salmon. Surrounding the plate are numerous small bowls and containers filled with different types of protein sources: brown eggs, white beans, lentils, chickpeas, various nuts and seeds (like almonds, sunflower seeds, and flaxseeds), and different types of grains (like quinoa and rice). There are also some dried fruits like goji berries and a small bowl of green peas. The word "PROTEINS" is overlaid in large, bold, white capital letters across the center of the image.

There are 2 sources of proteins



VS



Animal

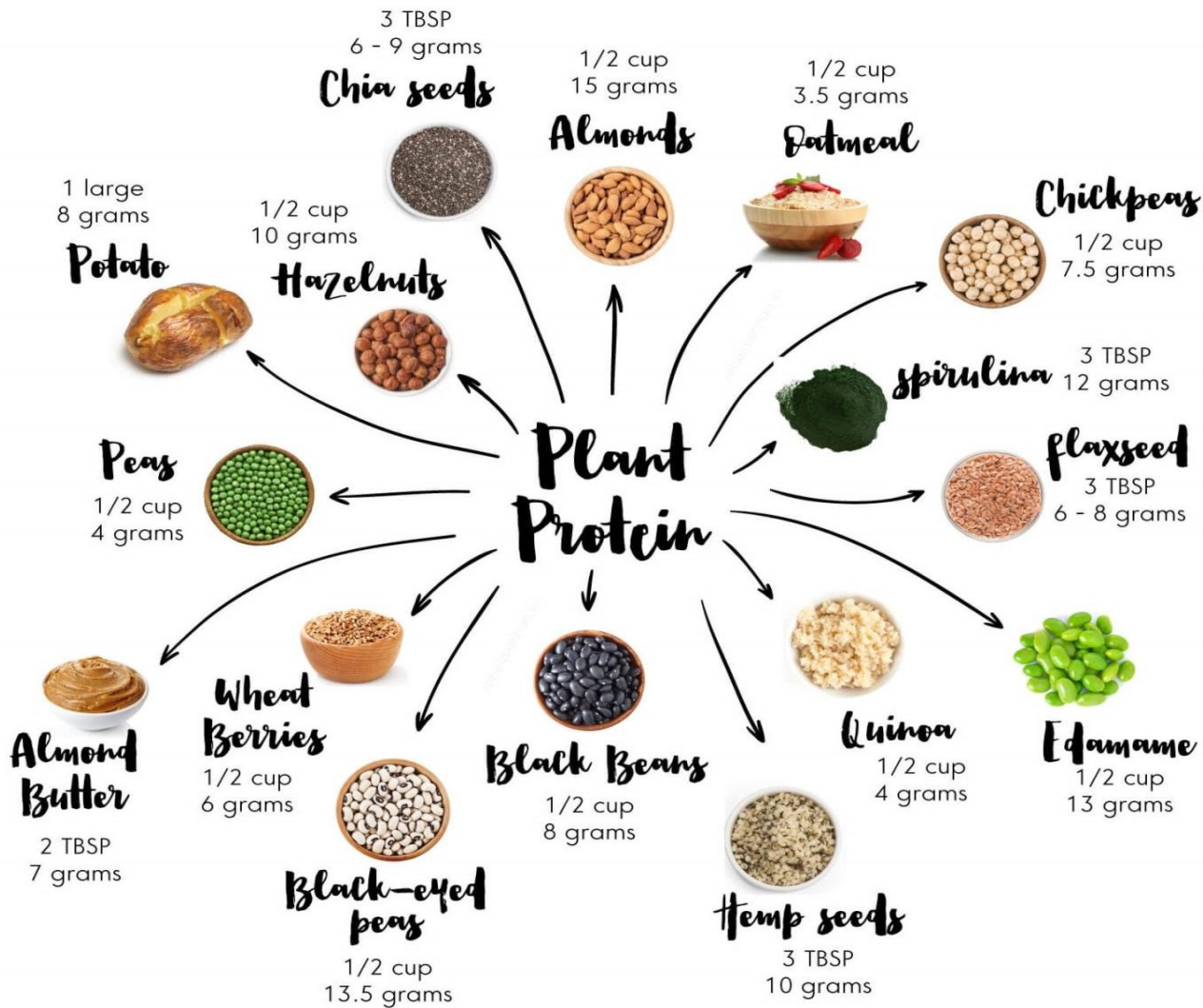
Versus

Plant Protein

Video 4



Some examples of plant protein



Tips for healthy protein

1.

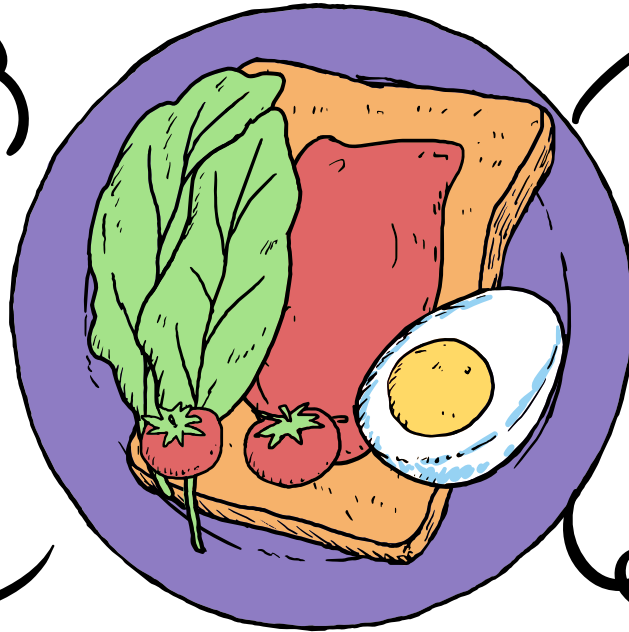
Remove the extra fat.

Chicken and turkey have most of their fat in their skin and under the skin. Remove skin or excess fat before cooking the protein.

2.

Avoid frying foods

and try baking, broiling or grilling.



3.

Try to **eat less processed meat** (bacon, spam, sausage, hot dot).

4.

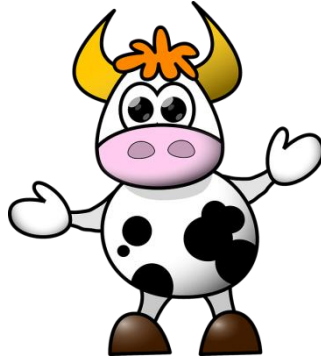
Snack or **include nuts** in your meals.

A detailed still life composition featuring a variety of dairy products and accompaniments. In the background, a large wheel of cheese with a textured, light-colored rind sits prominently. To its left is a wedge of Swiss cheese with visible holes. In the center, a round of soft cheese with a white rind is partially cut. The foreground is filled with an assortment of cheeses: a long, rectangular block of white cheese, several slices of round white cheese, and triangular wedges of blue cheese. These are interspersed with slices of rustic, dark bread, some of which are topped with a spread of orange-colored cheese or butter. To the right, a single red apple adds a touch of color. The entire arrangement is set on a dark, textured wooden surface, with decorative elements like a pine cone on the left and a sprig of rosemary on the right. The word "DAIRY" is superimposed in the center in a large, white, sans-serif font.

DAIRY

Dairy is a good source of

- **Calcium** – helps to build and maintain our bones so they can become strong.
- **Vitamin D** – helps build and maintain our bones and teeth. It also helps our body absorb calcium.





- Try to avoid full fat dairy products and choose products that say **low-fat**, **reduced fat**, or **fat-free**.



Video 5



Checklist for Lesson 3



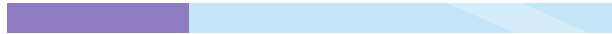
Remember the 5 Food Groups: Fruits, Vegetables, Grains, Protein, and Dairy



Find examples in the grocery store.



Use Exercise Log Sheet to track this week's exercise.



Record this week's weight.

