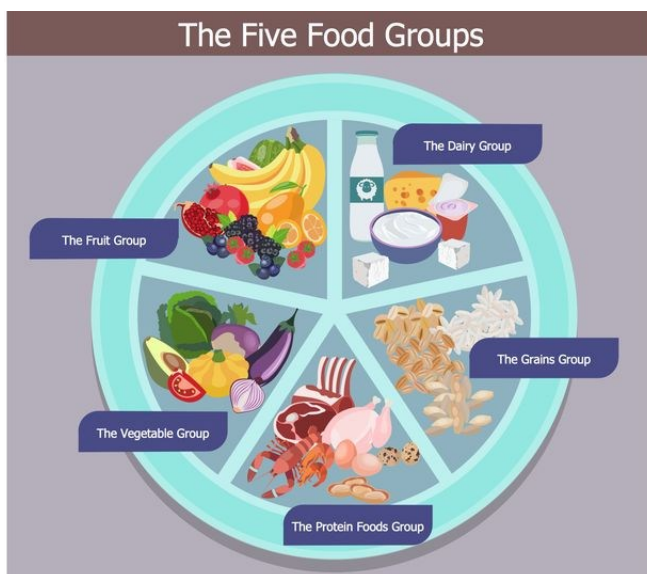
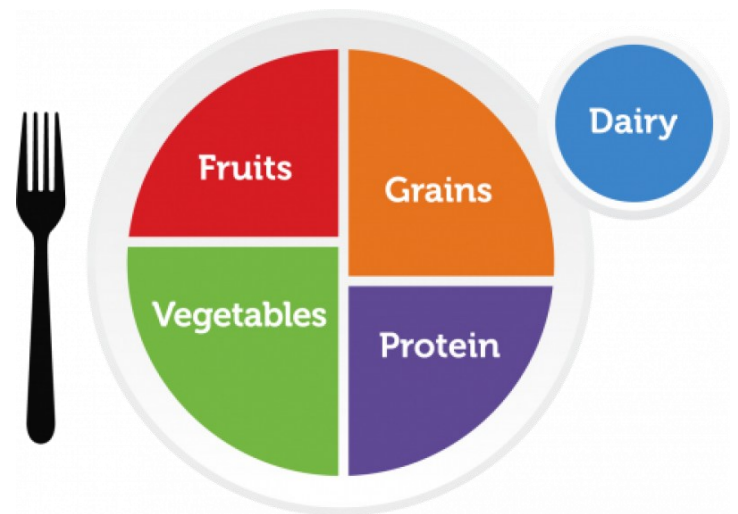
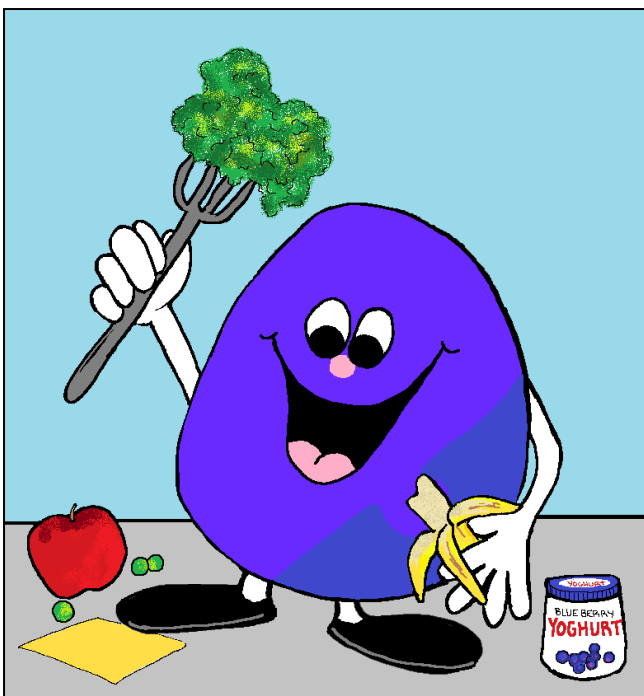


HEALTHY FOOD CHOICES

Choose a diet made of nutrient-rich foods. Nutrient-rich (or nutrient-dense) foods are low in sugar, sodium, starches, and bad fats. They contain a lot of vitamins and minerals and few calories. Your body needs vitamins and minerals, known as micronutrients.



Healthful eating has many benefits. It can:

- Stabilize their energy
- Improve their minds
- Even out their moods
- Help them maintain a healthy weight
- Help prevent mental health conditions, including depression, anxiety, and ADHD



Choose a diet made of nutrient-rich foods. Nutrient-rich (or nutrient-dense) foods are low in sugar, sodium, starches, and bad fats. They contain a lot of vitamins and minerals and few calories. **Your body needs vitamins and minerals, known as micronutrients. They nourish your body and help keep you healthy.** They can reduce your risk for chronic diseases. Getting them through food ensures your body can absorb them properly.

Try to eat a variety of foods to get different vitamins and minerals. Foods that naturally are nutrient-rich include fruits and vegetables. Lean meats, fish, whole grains, dairy, legumes, nuts, and seeds also are high in nutrients.

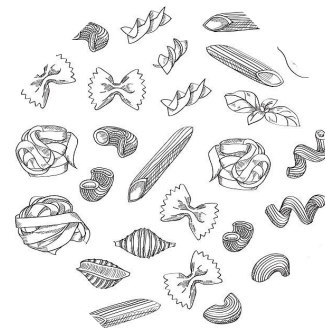
You may not get all the micronutrients your body needs. Americans tend to eat foods that are high in calories and low in micronutrients. These foods often also contain added sugar, sodium (salt), and saturated or trans fats. This type of diet contributes to weight gain. It can increase your risk of health issues, such as type 2 diabetes and heart disease.

GRAINS

Whole-grain foods are low in fat. They're also high in fiber and complex carbohydrates. This helps you feel full longer and prevents overeating. Check the ingredient list for the word "whole." For example, "whole wheat flour" or "whole oat flour." Look for products that have at least 3 grams of fiber per serving. Some enriched flours have fiber but are not nutrient-rich.

Choose these foods:

- Rolled or steel cut oats
- Whole-wheat pasta
- Whole-wheat tortillas
- Whole-grain (wheat or rye) crackers, breads, and rolls
- Brown or wild rice
- Barley, quinoa, buckwheat, whole corn, and cracked wheat

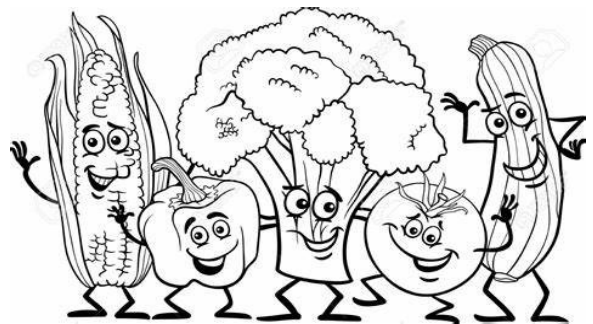


FRUITS AND VEGETABLES

Fruits and vegetables naturally are low in fat. They add nutrients, flavor, and variety to your diet. Look for colorful fruits and vegetables, especially orange and dark green.

Choose these foods for vegetables:

- Broccoli, cauliflower, and Brussels sprouts
- Leafy greens, such as chard, cabbage, romaine, and bok choy
- Dark, leafy greens, such as spinach and kale
- Squash, carrots, sweet potatoes, turnips, and pumpkin
- Snap peas, green beans, bell peppers, and asparagus



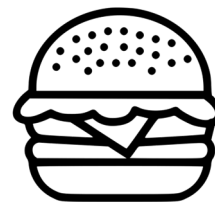
Choose these foods for fruits:

- Apples, plums, mangos, papaya, pineapple, and bananas
- Blueberries, strawberries, cherries, pomegranates, and grapes
- Citrus fruits, such as grapefruits and oranges
- Peaches, pears, and melons
- Tomatoes and avocados

MEAT, POULTRY, FISH, AND BEANS

Beef, pork, veal, and lamb

Choose low-fat, lean cuts of meat. Look for the words “round,” “loin,” or “leg” in their names. Trim outside fat before cooking. Trim any inside, separable fat before eating. Baking, broiling, and roasting are the healthiest ways to prepare these meats. Limit how often you eat beef, pork, veal, and lamb. Even lean cuts contain more fat and cholesterol compared to other protein sources.



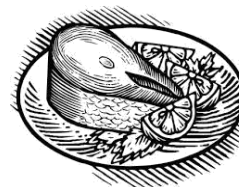
Poultry

Chicken breasts are a good cut of poultry. They are low in fat and high in protein. Remove skin and outside fat before cooking. Baking, broiling, grilling, and roasting are the healthiest ways to prepare poultry.



Fish

Fresh fish and shellfish should be damp and clear in color. They should smell clean and have a firm, springy flesh. If fresh fish isn't available, choose frozen or low-salt canned fish. Wild-caught oily fish are the best sources of omega-3 fatty acids. This includes salmon, tuna, mackerel, and sardines. Poaching, steaming, baking, and broiling are the healthiest ways to prepare fish.



Beans and other non-meat sources

Non-meat sources of protein also can be nutrient-rich. Try a serving of beans, peanut butter, other nuts, or seeds.

Choose these foods:

- Lean cuts of beef, pork, veal, and lamb
- Turkey bacon
- Ground chicken or turkey
- Wild-caught salmon and other oily fish
- Haddock and other white fish
- Wild-caught tuna (canned or fresh)
- Shrimp, mussels, scallops, and lobster (without added fat)
- Legumes, such as beans, lentils, and chickpeas
- Seeds and nuts, including nut butters

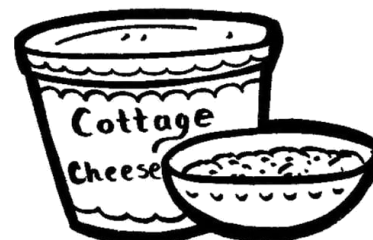


DAIRY AND DAIRY SUBSTITUTES

Choose skim milk, low-fat milk, or enriched milk substitutes. Try replacing cream with evaporated skim milk in recipes and coffee. Choose low-fat or fat-free cheeses.

Choose these foods:

- Low-fat, skim, nut, or enriched milk, like soy or rice
- Skim ricotta cheese in place of cream cheese
- Low-fat cottage cheese
- String cheese
- Plain nonfat yogurt in place of sour cream

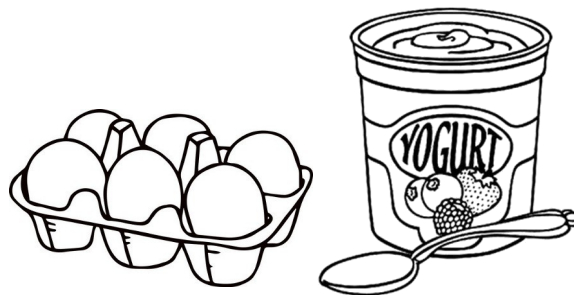


STARTING WITH BREAKFAST

Eating a balanced breakfast with protein is a great way for you to start your day. Protein can help you stay fuller longer. It even can help teenagers lose weight. Mornings can be hectic.

Try one of these for a healthy, on-the-go breakfast:

- Egg sandwich on whole-wheat bread
- Greek yogurt
- Peanut butter on whole-grain toast
- Hard boiled eggs, toast, and an apple



LIMIT SUGAR

Sugar occurs naturally in many foods. These include fruits, vegetables, grains, and dairy products. We get all the sugar we need from these foods.

Many foods have added sugar. At best, all this extra sugar just adds empty calories to our diets. At worst, it can contribute to hyperactivity, mood disorders, obesity, and type 2 diabetes.

Sugar is often added to foods we wouldn't think had sugar in them. These include breads, canned soup or vegetables, condiments such as ketchup, frozen meals, and fast food. For the best health, we should avoid or reduce the amounts of these foods we eat.



Here are some tips for reducing the amount of sugar in your diets.

- **Don't ban sweets.** Saying you can't have doughnuts or cake ever again can create cravings. When you do have a sweet treat, we tend to overindulge. Just make these kinds of foods a special treat instead of a regular part of your diet.
- **Modify recipes.** Many recipes taste just as good with less sugar added. Try reducing the amount of added sugar by half and see how it comes out.
- **Avoid sugary drinks.** It is recommended that children should have no more than 12 grams of sugar a day (3 teaspoons). Yet 1 can of regular soda has 40 grams (10 teaspoons) of added sugar. Cutting out sodas and juices is an easy way to reduce sugar.
- **Eat more fruit.** Fruit has plenty of natural sugar. Eat more to satisfy your sugar cravings. Eat desserts that are centered around fruit. Try a fruit smoothie instead of a milkshake.

FOODS WITH SATURATED FATS TO AVOID EATING

- | | | | |
|-----------------------|----------------|--------------------------|-------------------------|
| • Fatty Cuts of Meats | • Poultry Skin | • Bacon | • Pork Sausage Links |
| • Cheese Crackers | • Biscuits | • Deep Dish Cheese Pizza | • Chicken Pot Pies |
| • Sour Creme | • Heavy Cream | • Ice Crème | • Shakes |
| • Cheddar Cheese | • Butter | • Soft Cheeses | • White Salad Dressings |
| • Deep Fried Foods | • Potato Chips | • French Fries | • Donuts and Pastries |

How To Incorporate The Food Groups Into Your Diet

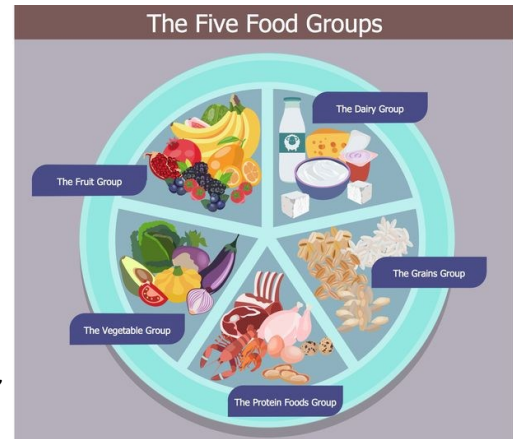
Healthy food is **food that gives you all the nutrients you need to stay healthy, feel well and have plenty of energy**. The best way to ensure you're eating healthily is to eat a wide variety of different kinds of food.

Benefits of Healthy Eating

- May help you live longer.
- Keeps skin, teeth, and eyes healthy.
- Supports muscles.
- Boosts immunity.
- Strengthens bones.
- Lowers risk of heart disease, type 2 diabetes, and some cancers.
- Helps the digestive system function.

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The Basic 5 food groups consist of - **Fruits, Vegetables, Grains, Protein Foods, and Dairy**

FOOD IS ALSO DIVIDED INTO 7 DIFFERENT GROUPS:

Drinks, Carbs, Fruits & Vegetables, Dairy, Meat / Fish / Eggs, Fats and High-sugar foods. Each of these groups provide different nutrients and should be consumed at a different rate.

Drinks—Have to be consumed throughout the day, during and in-between meals, at least 1,5 liters should be consumed everyday. Water should be consumed without limitations and is the only drink that is essential to our body since it is mainly composed of water (65%). Water allows numerous mechanism in our body such as enzymatic reactions. Hydration is important for everyone but especially for athletes because when athletes get thirsty, they have already lost 10% of their physical abilities.

Carbs— Should be consumed at every meal since most of our energy comes from them. Carbs include quinoa, pasta, rice, wheat, bread, potatoes and legumes. Legumes provide lots of nutrients such as plant protein, complex carbs, fibers, B vitamins and minerals. Consumption of cookies, crackers and pastries should be avoided as much as possible (try to limit to 3 times a week).

Fruits and Veggies—Five portions (around 150g each portion) of fruits and veggies should be consumed everyday. A portion of raw vegetables is recommended at every meal for vitamin C. Fruits and vegetables provide fibers, vitamins and simple carbs. They can be eaten as a starter, a side dish or even dessert.

Dairy—Adults should consume at least 3 dairy products per day whereas children and elders should consume at least 4 everyday. Cheese consumption should be limited though because of the amount of fat it contains. Dairy products provide calcium but also high quality proteins.

Fats—Bring saturated and unsaturated fats depending on their source (animal or plant) to our body. Fats include butter, margarine and vegetable oils. Excessive intake of fats can lead to a weight gain.

High-sugar foods, they're not necessary in our diet but they play a role in our mental health because they bring pleasure. **Limiting the consumption of these foods is recommended.**

A good diet is defined by a diversified diet, every food can be eaten but in different amounts, the keyword is balance. Even if some foods are not good for the body, it is also important to enjoy eating and to eat food that you like. Keep in mind there are many different ways to prepare foods to give them a different taste and texture, so don't be afraid to try something new! **Try to make sure you have at least 1 food from the basic 5 food groups for each meal of the day.**