

HEALTHY EATING 101

Connections 2018

DOES HEALTHY EATING EVER FEEL LIKE THIS?

“The only way to keep your health is to eat what you don’t want, drink what you don’t like and do what you’d rather not.”

Mark Twain

REMEMBER:



OBJECTIVES

- Students will be able to define the 3 components of a healthy meal
- Students will be able to explain the plate method and why it is important
- Students will know where to access meal planning resources and recipes

WHAT MAKES A
MEAL?



3 FOOD GROUPS

- Protein
- Grain
- Produce



PROTEIN

- Keeps you **FULL!**
- **Examples:**
 - Meat, poultry, seafood
 - Eggs, beans, peas
 - Nuts, seeds, processed soy products
 - Milk & dairy



GRAINS

Provide:

- Fuel for your body & brain
- Fiber

• Examples:

- Oats
- Rice
- Bread
- Pasta
- Tortillas
- Quinoa
- Potatoes



PRODUCE

Provides:

- Fiber
- Vitamins/Minerals
- Volume – More for less

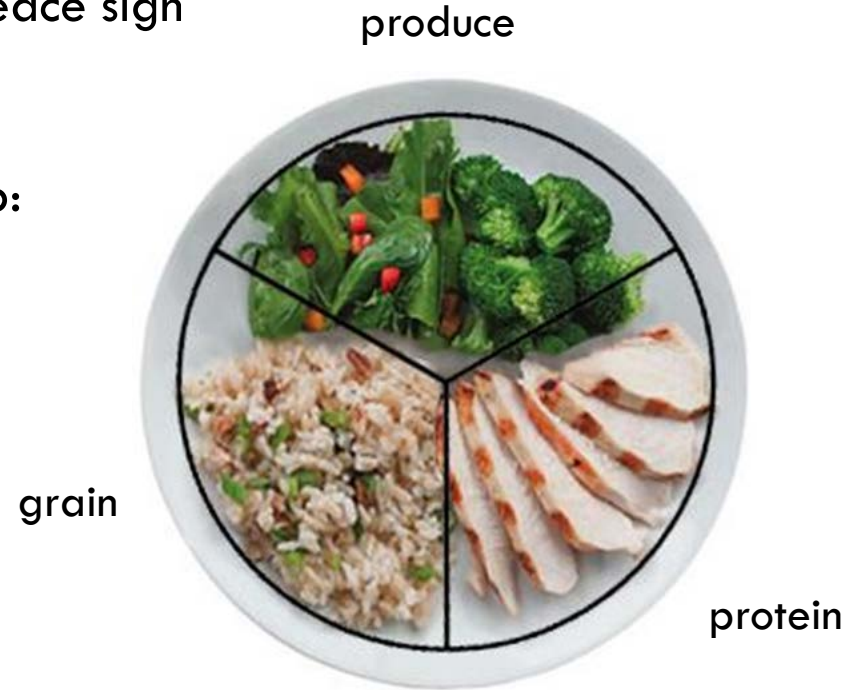
• Examples:

- Apples
- Peaches
- Grapes
- Broccoli
- Spinach
- Carrots



THE PLATE METHOD

- Divide your plate into thirds, like a peace sign
- Each quadrant is for each food group:
 - Grain
 - Produce
 - Protein



A peaceful plate = a peaceful body!

BENEFITS OF USING THE PLATE METHOD

- Balance
- Variety
- Moderation

**Start with
ONE plate**



SNACKING

- Plate method can still be used
- Eat every 3-4 hours for higher metabolism
- Smaller portion size

- Why snack?
 - Stabilizes hunger
 - Provides consistent energy

- Good snacks consist of protein and carbohydrates (grains or produce)



ACTIVITY!!!

Breakfast

Toast

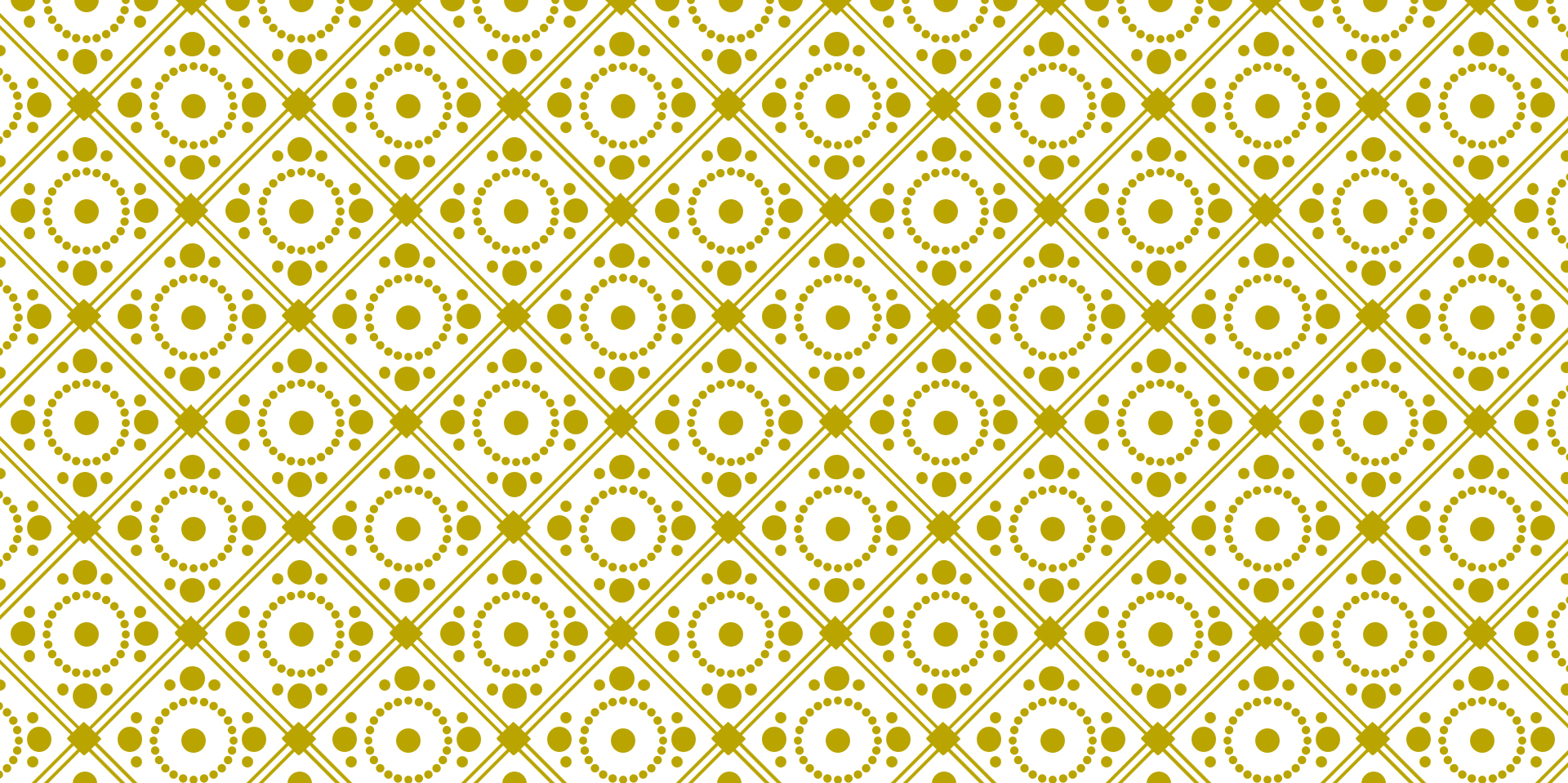
Lunch

PB & J

Dinner

Pasta

Working in small groups, complete each of these meals using the plate method. Remember to include grains, protein, and produce!



**WHAT IF I WON'T HAVE MY
OWN KITCHEN?**



THE PLATE METHOD APPLIES EVERYWHERE!

- On campus dining
- Restaurants
- On the go snacking



MEAL PLANNING





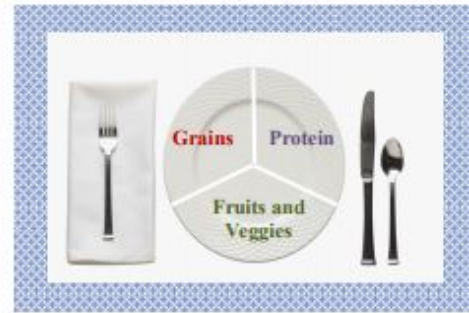
WHY MEAL PLAN?

- Saves money
- Saves time
- Prevents waste
- Encourages trying new recipes and food items

STEPS OF MEAL PLANNING

1. Determine how many meals you will need to plan for during the week
2. Find recipes that follow the plate method
3. Check which ingredients you already have
4. Make a grocery list before you go
5. Check grocery ads (can be found online or many of the local stores have a weekly ad mailed to your house/apartment)
6. Go to the store!!

My Weekly Meal Plan



Dinners:

- 1.
- 2.
- 3.
- 4.
- 5.

Items Needed for Dinner:

Breakfast Items:

Lunch Items:

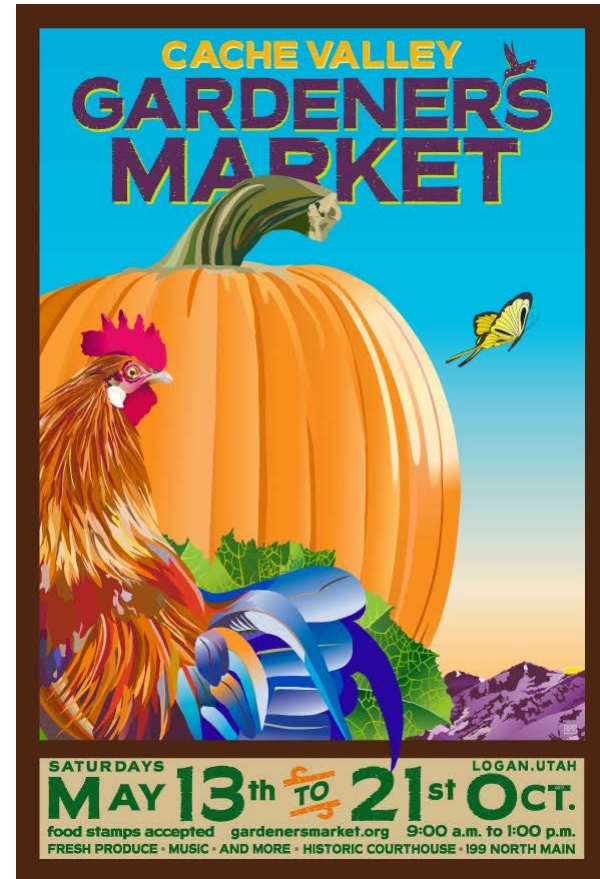
Snack & Sale Items:

GROCERY STORES IN LOGAN

- Lee's Marketplace: 555 E 1400 N, Logan
- Smith's: 442 N 175 E, Logan
- Smith's Marketplace: 750 N Main St, Logan
- Macey's: 49 E 400 N, Logan
- Logan Outlet: 50 East 400 North, Logan UT 84321
- North Walmart: 1550 N Main St.
- South Walmart: 1150 S 100 W, Logan
- Natural Grocers: 1075 N Main St #110, Logan

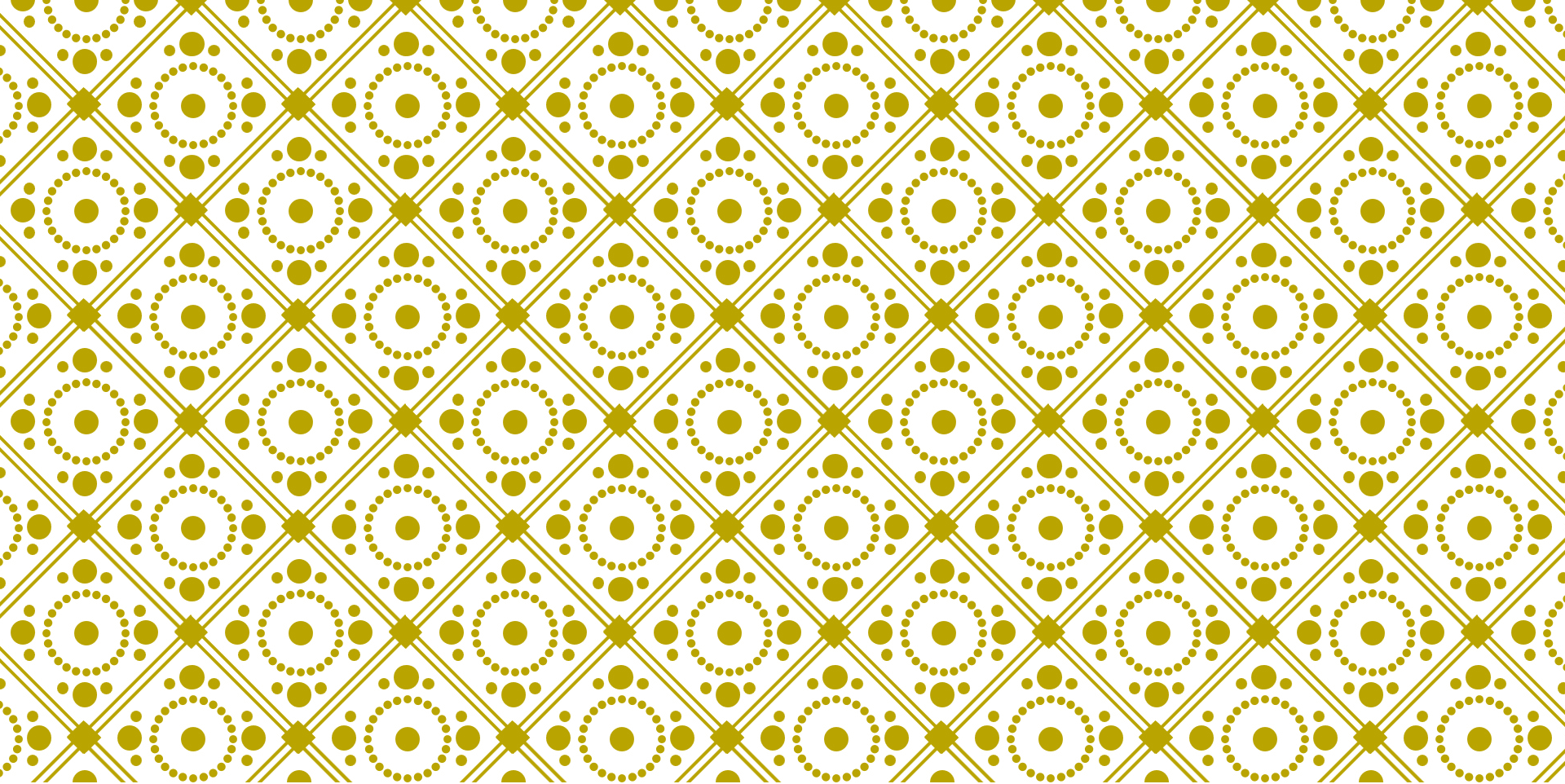
LOCAL PRODUCE

- USU Student Organic Farm
 - Sell produce on campus
 - 10 am to 2 pm on Thursdays
- Cache Valley Gardener's Market:
 - 199 N Main St, Logan
 - Saturdays 9-1 until October 21st



ONLINE GROCERY SHOPPING

- Lee's Marketplace
- Walmart
- Smith's
- Macey's



MEAL PLANNING RESOURCES



SO MANY PLACES TO FIND GREAT RECIPES!

- Pinterest
- Allrecipes
- Collegerecipes.com
- Library
- Some food packages
- USU Student Cookbook
 - <https://health.usu.edu/wp-content/uploads/2017/01/USU-Cookbook-Project2-1.pdf>

LET'S RECAP

- What makes a meal? (Hint: 3 food groups)
- What is the plate method?
- What components make a great snack option?
- What are one or two reasons why meal planning is important?

CONCLUSION

- Healthy eating can seem challenging when you are balancing college, a job, friends, family, and other activities.
- BUT, incorporating the plate method into meals and investing just a little bit of time in planning every week will simplify healthful eating and make it seem like a piece of cake!

