Munch on this!

Munch your way to healthy meals! Let’s find different ways that you can eat more healthfully! Focus on behaviors that fit your lifestyle and budget, from:

- Planning your meals
- Cooking & preparing your meals
- Shopping for food
- Eating & enjoying your meals

Munch on more MILK...

*WHAT:
- Fluid milk (skim, 1%, 2%, whole, flavored)
- Evaporated milk
- Dry, powdered milk

*WHY:
- Provides: calcium, vitamin D, protein, potassium
- Helps build strong bones & teeth

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<tr>
<td>Plan fluid milk at every meal &amp; with some snacks</td>
<td>Buy the appropriate type of milk for your children</td>
<td>Make your hot cereal (ex. oatmeal) with milk</td>
<td>Teach your kids why milk is important</td>
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<tr>
<td>Occasionally plan milk-based soups (ex. chowders) in menu</td>
<td>Compare the sugar in sweetened &amp; regular milk—choose wisely</td>
<td>Boost your smoothies with milk</td>
<td>Talk about different ways to enjoy milk</td>
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<tr>
<td>Offer milk-based smoothies for snacks</td>
<td>Shop for the best value in milk—for the amount you need</td>
<td>Have children help make milk smoothies</td>
<td>Role model &amp; enjoy milk with your kids</td>
</tr>
<tr>
<td>Always keep canned &amp; dry milk in stock</td>
<td>Pick up fluid milk last or right before check-out to minimize spoiling</td>
<td>Use evaporated &amp; dry milk to add extra nutrients to your dishes</td>
<td></td>
</tr>
</tbody>
</table>

- Draw a star (*) next to the behavior(s) you already practice that help you and your children munch on milk.

- **Circle** new behavior(s) that you will adopt to help you and your children munch on more milk. Identify a target date when you will adopt these behavior(s) - write the date(s) in the individual boxes.
# Munch on more FRUITS & VEGGIES...

**WHAT:**
- Fresh
- Frozen
- Canned
- Dried
- 100% juice

**WHY:**
- Provides vitamins A & C, Folate, Potassium, Fiber
- Helps prevent sickness, chronic disease
- Maintain regularity
- Keeps us ‘full’

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<tr>
<td>Include at every meal &amp; with snacks</td>
<td>Buy fresh produce in season</td>
<td>Drain &amp; rinse all canned produce</td>
<td>Enjoy produce with dips or dressings</td>
</tr>
<tr>
<td>Keep frozen, canned &amp; dried forms in stock</td>
<td>Choose unsweetened canned &amp; dried fruits</td>
<td>Boost your recipes with fruits &amp; veggies</td>
<td>Season produce with herbs &amp; spices</td>
</tr>
<tr>
<td>Offer wide variety color, flavor, texture</td>
<td>Choose unsalted or lower sodium canned veggies</td>
<td>Add dried fruits to your cereal, trail mix, salads, sandwiches</td>
<td>Enjoy fruit with yogurt</td>
</tr>
<tr>
<td>Explore ways to use produce in baking</td>
<td>Buy juice that is 100%, with no added sugars</td>
<td>Make your own 100% juice popsicles</td>
<td>Talk about different ways to enjoy produce</td>
</tr>
<tr>
<td>Plan for more unprocessed forms</td>
<td>Occasionally have kids choose ‘new’ produce to try</td>
<td>Make ‘hearty’ salads with all types of produce</td>
<td>Teach your kids why fruits &amp; veggies are important</td>
</tr>
<tr>
<td>Find ways to incorporate produce in your main entrees</td>
<td>Consider pre-cut packages of produce if it fits your budget</td>
<td>Prep &amp; freeze chopped produce for future meals</td>
<td>Role model &amp; enjoy new produce with your kids</td>
</tr>
<tr>
<td>Include new produce occasionally</td>
<td>Pick up frozen produce last or right before check-out</td>
<td>Have kids help prep produce (rinse, tear)</td>
<td>Get in the habit of eating fruits &amp; veggies for snacks &amp; desserts</td>
</tr>
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- **Draw a star (★)** next to the behavior(s) you already practice that help you and your children munch on fruits & veggies.

- **Circle** new behavior(s) that you will adopt to help you and your children munch on more fruits & veggies. Identify a target date when you will adopt these behavior(s) - write the date(s) in the individual boxes.
Munch on more healthful GRAINS...

**WHAT:**
- Breads
- Cereals
- Crackers
- Noodles
- Pasta
- Rice
- Tortillas

**WHY:**
- Provides: carbohydrates, fiber, B vitamins, iron
- Gives us energy
- Maintain regularity
- Help our bodies break down food
- Whole grains help prevent chronic disease

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<tr>
<td>Include at every meal &amp; with some snacks</td>
<td>Choose products that say, “whole grain” or “made with whole grain”</td>
<td>Boost your recipes with grains – meatloaf, casserole, soups</td>
<td>Talk about different ways to enjoy a variety of grains</td>
</tr>
<tr>
<td>Plan on more “whole” grains (at least half)</td>
<td>Read labels &amp; choose less sweetened cereals, crackers &amp; cookies</td>
<td>Crush crackers or tortilla chips as a crunchy topping for your salad</td>
<td>Teach your kids why grains are important</td>
</tr>
<tr>
<td>Offer wide variety</td>
<td>Read labels &amp; choose whole grain chips, crackers with less salt</td>
<td>Make rice / pasta or sandwiches with all or half whole grain</td>
<td>Discuss how to spot “whole” grains using labels</td>
</tr>
<tr>
<td>Include new grains occasionally</td>
<td>Choose “less Processed” grains (whole grain bread versus pastry)</td>
<td>Try using some whole grain flour in baking</td>
<td>Role model &amp; enjoy ‘new’ grains with your children</td>
</tr>
</tbody>
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- Draw a star (*) next to the behavior(s) you already practice that help you and your children munch on healthful grains.

- Circle new behavior(s) that you will adopt to help you and your children munch on more healthful grains. Identify a target date when you will adopt these behavior(s) - write the date(s) in the individual boxes.
**Munch on more healthful MEATS...**

*WHAT:*
- Beef, Pork, Poultry
- Fish
- Egg
- Beans, Peas
- Nuts, nut butters
- Seeds
- Cheese, yogurt

*WHY:*
- Provides protein, B vitamins, Vitamin E, Iron, Zinc, Magnesium
- Building blocks for our body

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<td>Include with some meals &amp; snacks</td>
<td>Buy ground meats &amp; poultry 85/15 or leaner</td>
<td>Trim visible fat from meats, remove skin from poultry</td>
<td>Talk about different ways to enjoy meats, beans</td>
</tr>
<tr>
<td>Plan for wide variety, prepared in different ways, every day</td>
<td>Buy canned fish packed in water</td>
<td>Drain excess fat from cooked meats</td>
<td>Teach your kids why meats are important</td>
</tr>
<tr>
<td>Plan for entrees with lean meats (rounds, roasts, loins)</td>
<td>Choose unsalted or lower sodium canned beans</td>
<td>Add meats, beans, cheese, eggs, nuts, seeds to make a hearty salad</td>
<td>Role model &amp; enjoy meats &amp; protein foods prepared in different ways</td>
</tr>
<tr>
<td>Plan ‘breakfast’ meals for occasional lunch / dinner</td>
<td>Consider lower fat cheeses &amp; yogurts</td>
<td>Broil, grill, roast, poach or boil meats</td>
<td>Enjoy nuts / nut butters for “easy to grab” snacks</td>
</tr>
<tr>
<td>Keep canned meats (fish, chicken, beans) in stock</td>
<td>Pick up meats, fish, eggs &amp; dairy last or right before check out</td>
<td>Drain &amp; rinse canned beans</td>
<td>Enjoy convenient cheese sticks or yogurt tubes</td>
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<tr>
<td>Plan more meals with beans, seafood</td>
<td>Look for unsweetened yogurt</td>
<td>Try your own ‘bean’ veggie burgers</td>
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- **Draw a star (*) next to the behavior(s) you already practice that help you and your children munch on healthful meats.**

- **Circle new behavior(s) that you will adopt to help you and your children munch on more healthful meats.** Identify a target date when you will adopt these behavior(s) - write the date(s) in the individual boxes.
## Munch on more healthful SEASONINGS...

### WHAT:
- Broth
- Butter
- Cream cheese
- Dips, dressings
- Jelly, jams, syrup
- Mayonnaise
- Oils
- Sour cream
- Soy sauce

### PLAN
- Obtain non-stick pots / pans to minimize need for butter / oil

### SHOP
- Choose lower sodium products—broth, seasonings, soy sauce

### COOK
- Bake breads / muffins with oil versus butter

### EAT
- Enjoy veggie sticks or chips with nutrient rich options (hummus, salsa)

- Explore variations on recipes that offer lower fat / salt / sugar options

- Choose lower fat cream cheese, dressings, dips, mayonnaise, sour cream

- Use fruit or make your own fruit spreads / toppings in place of jams, syrups

- Enjoy breads with nutrient rich options, like nut butters, fruits

- Learn about different herbs & spices & incorporate them into your menu.

- Shop for the best value—store brands may be cheaper

- Make your own healthier versions of dips, dressings (*see recipes on back)

- Use seasonings & condiments wisely to enhance the flavors in your foods

- Pick up perishable products last, right before check out

- Focus on herbs & spices to enhance flavor in your foods

- Role model & show your kids how to enjoy foods in healthful ways

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- Draw a *star (•)* next to the behavior(s) you already practice that help you and your children munch on healthful seasonings.

- *Circle* new behavior(s) that you will adopt to help you and your children munch on more healthful seasonings. Identify a target date when you will adopt these behavior(s) - write the date(s) in the individual boxes.