

FOCUS ON VARIETY: START WITH A 5-DAY MENU!

Eating a variety of foods from all 5 food groups is the best way to make sure our bodies get what they need.

THE 5 FOOD GROUPS ARE:



Veggies



Grains



Protein Foods



Fruit



Dairy Foods

Check out these **5** tips that can help you build your own menu with a variety of foods.

- 1 Offer a variety of nutritious foods from all 5 food groups.

Elbow noodles with meat sauce, side salad and orange slices



- 2 Include at least 3 food groups in every meal.

Green peas with nut crackers



- 3 Offer at least 2 food groups in every snack.



Egg and cheese quesadilla with cantaloupe

- 4 Focus meals and snacks on WIC foods.

- 5 Choose no cook foods for quick and easy options.

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Use the 5-day menu as a guide for making sure your meals and snacks have a lot of variety.

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LESSON:
TIME TO EAT!
WHAT'S ON YOUR
PLATE?

Use wichealth.org's recipe finder, *Health eKitchen*, to find the recipes that are **starred***!

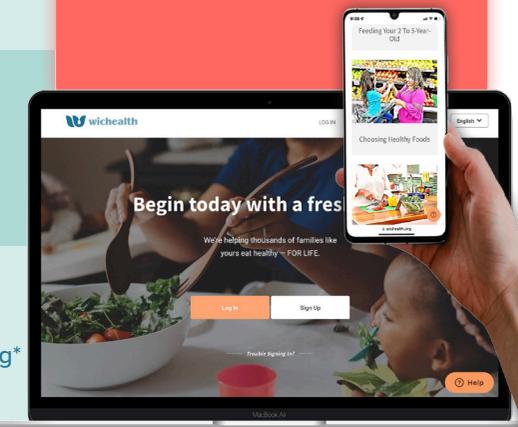
Take This Lesson to Learn:

- New-to-your family foods to try.
- Tips to get kids involved in the kitchen.
- How to help your child develop healthy eating habits.

To Get Started:

- Visit wichealth.org
- Choose **Sign up**
- Enter your information
- Choose a username and password
- Select **Begin**
- Choose the category: **Choosing Healthy Foods**
- Choose the lesson: **Time To Eat! What's On Your Plate?**

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
BREAKFAST Include at least 3 food groups	Corn flakes Sliced bananas Diced almonds Low-fat milk 	Simple Scrambled Tofu* Whole wheat tortillas Low-fat milk	Mini Frittatas* Whole wheat toast	English Muffin Breakfast Sandwiches* Sliced grapes Low-fat milk	Oatmeal Sliced strawberries Diced almonds Low-fat milk
AM SNACK Include at least 2 food groups	Banana Peanut Butter Smoothie* 	Ricotta Strawberry Bagels* 	Oatmeal Baked Apple* Low-fat milk	Sliced fruit with Peanut Butter Dip* 	Apple And Cheese Tortillas*
LUNCH Include at least 3 food groups	Tuna wraps 	Hummus* with pita and veggies Low-fat milk	Bulgur salad with beans and veggies	Lentil Mango Salad*	Veggie and pasta salad
PM SNACK Include at least 2 food groups	Tzatziki dip with pita and veggies 	Super Fruit And Veggie Popsicles*	Baked sweet potato fries with dip	Pita pizza	Fruit Tarts*
DINNER Include at least 3 food groups	Stir-fried tofu with veggies and rice	Pasta And Bean Soup*	Chicken tacos 	Shakshuka* Whole wheat toast	Chicken Salad with Peanut Dressing* Brown rice



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