



4-Eat Real Food Not Junk Food

Year of Being Well

Eat more food at home

In the past 30 years, Americans have seen an increase in the proportion of calories our children obtain from fast food, convenience store food, and other foods eaten away from home. However, most of the calories we eat still come from home.

This is great news! It means that students have so many opportunities to get the real food they need like fresh fruits and vegetables, lean meats, plenty of water, fat-free and low-fat dairy items, and high-fiber whole grains.

One way families tried to do this is to include students in meal preparations. When kids are involved in planning and preparing meals, they are more likely to eat what is on the table. They also enjoy doing things like “eating a rainbow” by eating different colored foods that only occur in nature. This makes it easier for them to avoid foods with a lot of artificial colors, flavors, or preservatives. Students who are repeatedly exposed to certain foods are more likely to try and like them. Preparing foods at home give families the opportunity to interact with each other and save money. Other tips that will help students avoid junk foods is to not buy unhealthy snacks like potato chips or candy bars. If kids can’t find those items in the house, then they won’t be able to eat them. Eating healthy fruits can be tasty and sweet as a treat. Parent should involve their kids in cooking. The more involved your kids are, the more they will want to eat the healthy meals they helped create. – *Susan Dell*



Quick Tips:

- *Make sure you have plenty of fruits and veggies on hand for snacks.*
- *Don't be afraid to ask for healthier options or cooking styles at restaurants. Go ahead and order grilled chicken breast instead of a fried one.*
- *Rather than visiting a fast-food restaurant, visit your local grocery store and pickup some fresh or frozen produce and lean meats for lunch.*
- *Aim to eat more food from home, rather than eating out or purchasing processed foods from a bag or box.*

Did you know:

- The average consumption of sweets and bakery desserts was about eight to 10 servings per week in 5- to 9-year-olds and 10- to 14-year-olds and six to eight servings per week in 15- to 19-year-olds.

American Heart Association

- Nearly half of U.S. middle and high schools allow advertising of less healthy foods, which impacts students' ability to make healthy food choices.

Centers for Disease Control and Prevention

Important tips:

- Small steps can have a big impact
- Choose one or two steps to begin each month

Find more information at www.BeWellBook.org

List your favorite fast food items with their calorie information.

Name: _____

Period: _____

Date: _____

Product	Calories	Grams of Fat	Sodium (Salt)
McChicken Sandwich	360	16 g	800 mg

List 5 healthy snacks you could substitute in your current diet.

Reflection Questions

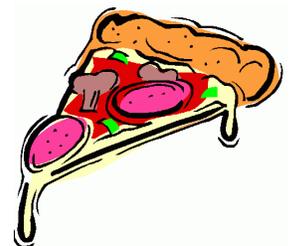
On average, how many of times a week to you eat out?

(fast food or restaurants) _____

How many calories do you consume in an average fast food meal?

Do you drink soda when you eat out? _____

How many calories are in the soda you drink? _____



Do you know what your are really eating?