



HEALTHY FOOD

HEALTHY YOU

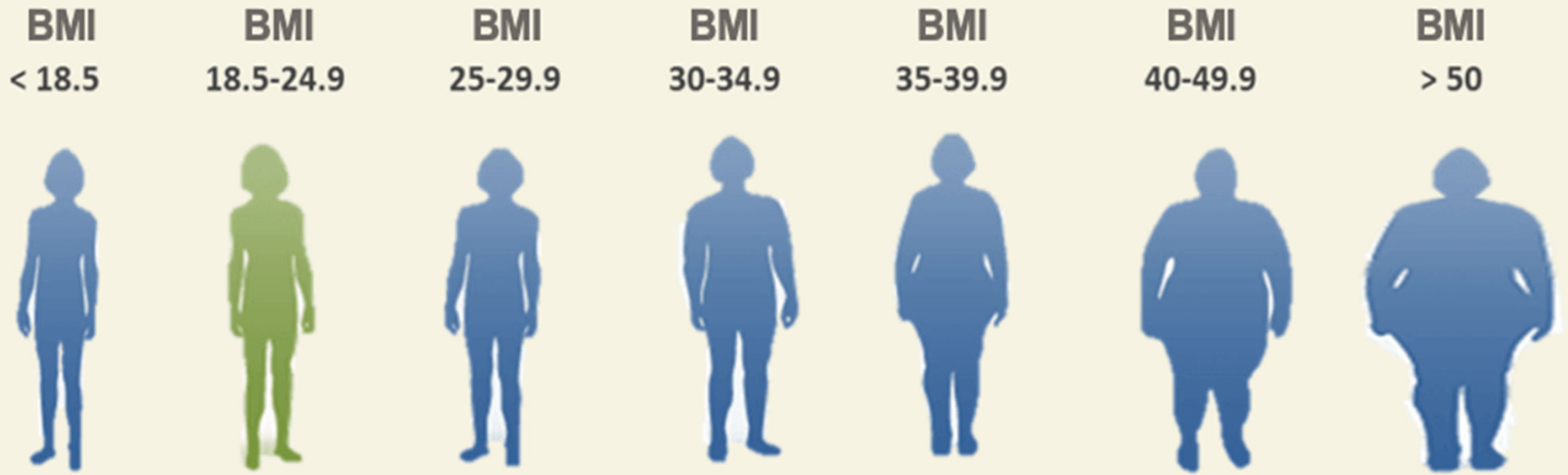
Session #3

A vibrant still life of fresh food including peaches, bread, meat, avocado, nuts, carrots, tomatoes, and asparagus on a wooden surface.

**LET'S TAKE CARE OF WHAT WE EAT!  
IT IS IMPORTANT!**



**Eating healthy is important**



BMI = Body Mass Index

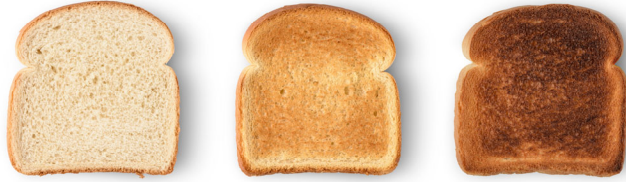
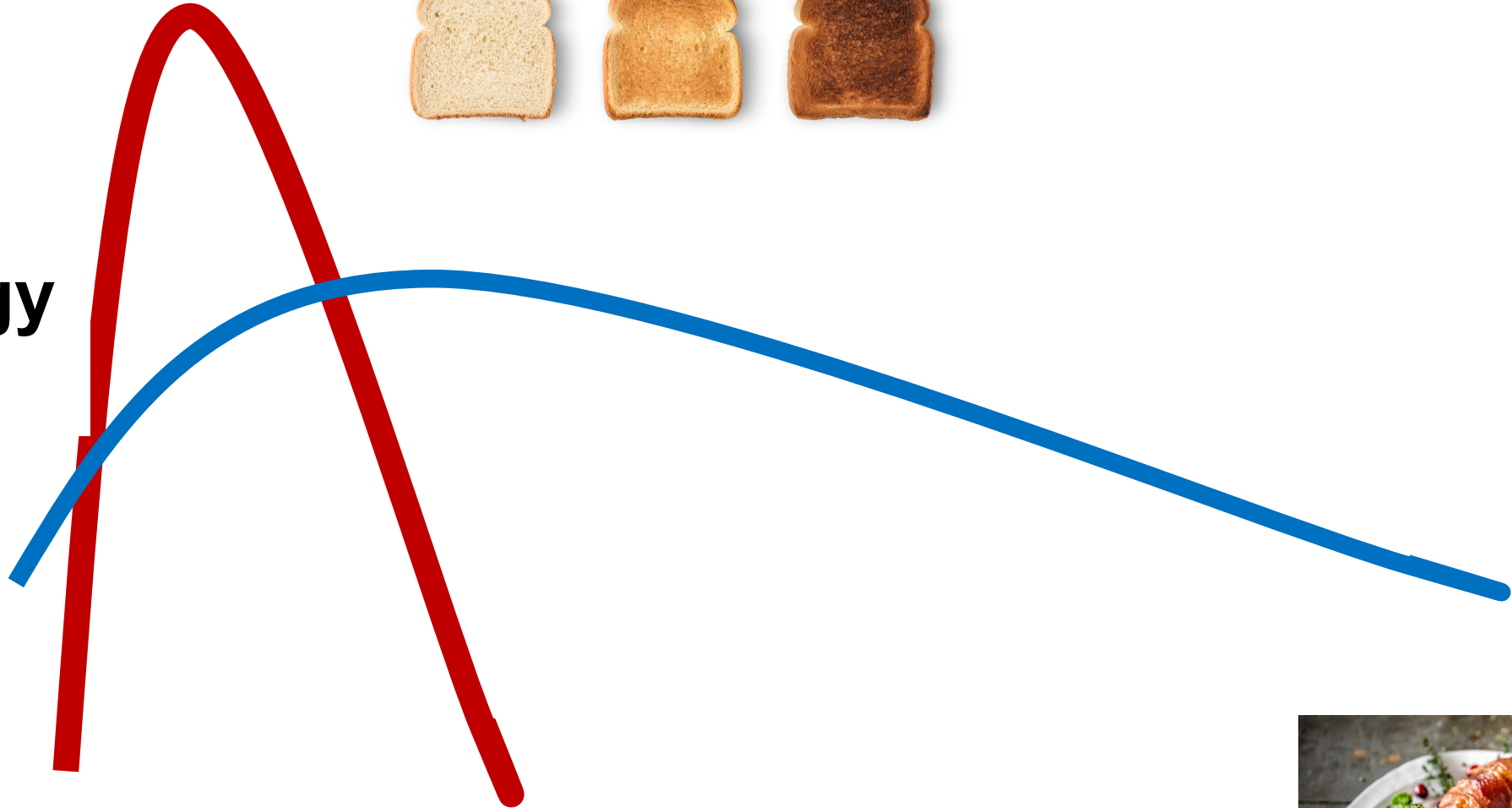
**We know it's frustrating!**  
**(but don't get discouraged)**

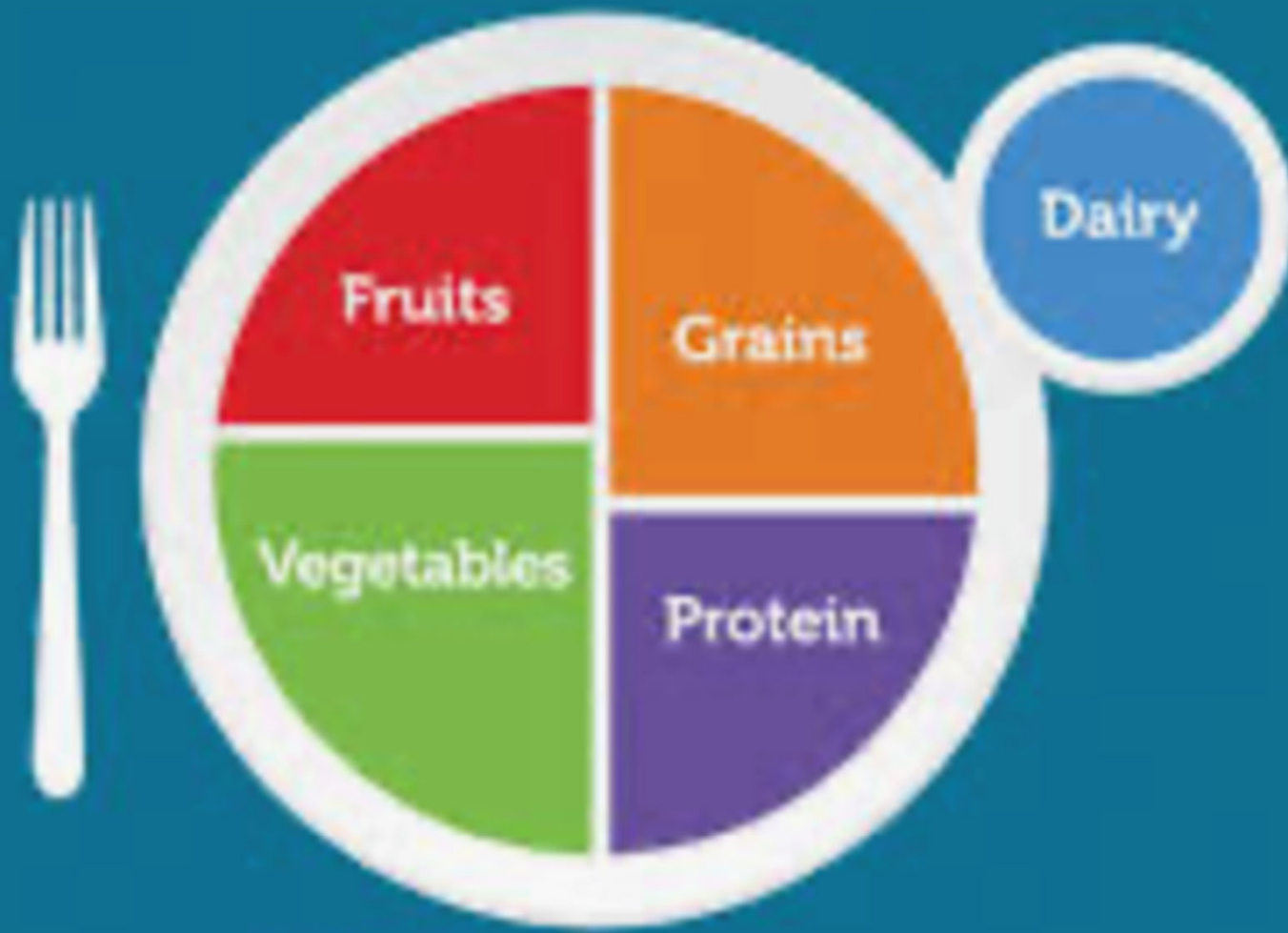




**We must be realistic when  
evaluating what we eat**

Energy



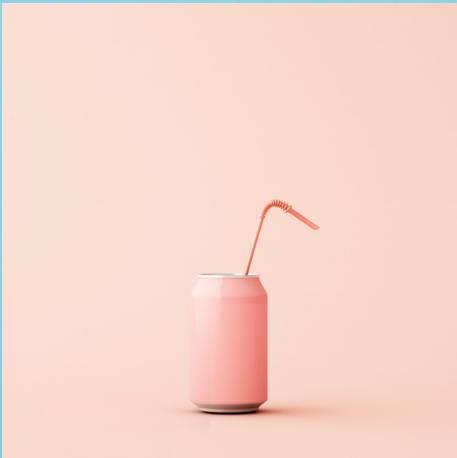


**MyPlate.gov**



**What color is your plate?**

**Avoid  
temptations!**



# Tips for snacking



Keep healthy snacks with you when away from home



Snack on fruit, veggies, or protein while you cook



Have healthy foods in eyesight at home



Walk after meals



Eat until you're content, not stuffed

# Common Eating Challenges

Fatty food



Sweets



Breads



Portions



# Supplements



A black and white soccer ball is caught in a goal net, symbolizing achievement and goal setting. The net is made of thick, light-colored rope and is attached to a metal frame. The background is a bright blue sky with scattered white clouds. The text "Setting Goals for change" is overlaid on the right side of the image in a bold, black, sans-serif font.

# Setting Goals for change



Thank you for  
being with us!

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## References

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