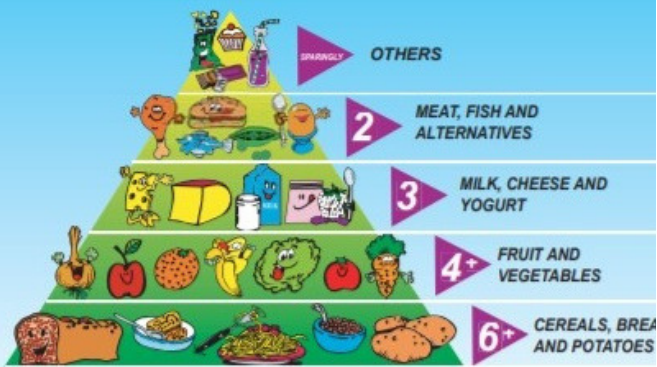


Food Pyramid

The pyramid is divided into five levels, each representing a food group. You should choose a variety of foods from each level to ensure a balanced and healthy diet.



You should get most of your food from the two bottom levels. Smaller amounts of food should be chosen from the next two levels. Foods from the top shelf should be eaten only occasionally.

5 Quick Tips

When cooking for your family remember these basics for a healthier meal

- Add vegetables, fruits, and whole-grain products
- Substitute with low-fat or non-fat milk or dairy products
- Go with lean meats, poultry, fish, lentils, and beans for a better source of protein
- Serve reasonably-sized portions.
- Encourage your family to drink lots of water instead of sugary soft drinks!



Healthy Eating

TIPS FOR PARENTS
ON A BUDGET

Ways to Shop & Save



Eating Healthy Doesn't Have to Be Expensive

Have a plan- Before you hit the store map out your meals for the week and make a list so you know exactly what you need this will limit impulse buying!



There's an App for that- Most stores have phone apps you can download for free and "clip" coupons and join loyalty programs



Love those leftovers- Cooking large meals can save you both time and money! They can be used for lunches or you can freeze them to eat later on.



Know the Risks

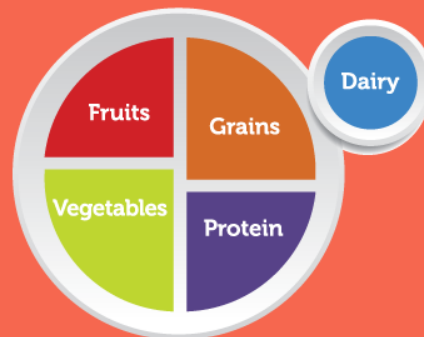
There are many dangerous side effects associated with an unhealthy or unbalanced diet.

High blood pressure
High cholesterol
Heart disease
Diabetes
Obesity

Prevention

There are plenty of resources out there for you to use to promote a better, healthier lifestyle for your family.

www.choosemyplate.gov is a great tool for you and your family to find your healthy eating style



Breakfast on-the-go

Breakfast smoothies are a great (and delicious) way to start the day. They are inexpensive and easy to make, perfect for the on-the-go family!

- 1 medium banana (fresh or frozen)
- ½ cup sliced strawberries, blueberries, or chopped mangos
- ¼ cup 2% plain Greek yogurt
- 1 tablespoon almond butter
- ½ cup baby spinach
- ½ cup unsweetened almond milk

For more great recipes like this go here:
<https://www.cookinglight.com/recipes/healthy-breakfast-smoothie>