Keeping Dinner Healthy

- Choose Healthy fats instead of less healthy fats
- Choose Whole Grains
- Aim for a variety of colors with fruits and veggies
- Eat small amounts of lean meats
- Increase Dairy foods
- Healthy Portion sizes (illustrate healthy portion sizes via slide and discussion, don’t have to clean plate)
- Use added sugars and syrup sparingly
- Watch sodium intake
- Instead of sugars and salts increase flavor with healthy ingredients like citrus fruits, herbs, and spices
- Plan your foods choices instead of just grabbing convenient items
- Change cooking methods use braising, broiling, grilling, poaching, sautéing and steaming