DOES HEALTHY EATING EVER FEEL LIKE THIS?

“The only way to keep your health is to eat what you don’t want, drink what you don’t like and do what you’d rather not.”

Mark Twain
REMEMBER:

There's more to health than weight and shape, or even food and exercise.
OBJECTIVES

• Students will be able to define the 3 components of a healthy meal

• Students will be able to explain the plate method and why it is important

• Students will know where to access meal planning resources and recipes
WHAT MAKES A MEAL?
3 FOOD GROUPS

- Protein
- Grain
- Produce
PROTEIN

• Keeps you **FULL!**

**Examples:**
• Meat, poultry, seafood
• Eggs, beans, peas
• Nuts, seeds, processed soy products
• Milk & dairy
GRAINS

Provide:
- Fuel for your body & brain
- Fiber

Examples:
- Oats
- Rice
- Bread
- Pasta
- Tortillas
- Quinoa
- Potatoes
PRODUCE

Provides:
• Fiber
• Vitamins/Minerals
• Volume – More for less

Examples:
• Apples
• Peaches
• Grapes
• Broccoli
• Spinach
• Carrots
THE PLATE METHOD

• Divide your plate into thirds, like a peace sign

• Each quadrant is for each food group:
  • Grain
  • Produce
  • Protein

A peaceful plate = a peaceful body!
BENEFITS OF USING THE PLATE METHOD

• Balance
• Variety
• Moderation

Start with ONE plate
SNACKING

• Plate method can still be used
• Eat every 3-4 hours for higher metabolism
• Smaller portion size

• Why snack?
  • Stabilizes hunger
  • Provides consistent energy

• Good snacks consist of protein and carbohydrates (grains or produce)
<table>
<thead>
<tr>
<th>Breakfast</th>
<th>Lunch</th>
<th>Dinner</th>
</tr>
</thead>
<tbody>
<tr>
<td>Toast</td>
<td>PB &amp; J</td>
<td>Pasta</td>
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Working in small groups, complete each of these meals using the plate method. Remember to include grains, protein, and produce!
WHAT IF I WON’T HAVE MY OWN KITCHEN?
THE PLATE METHOD APPLIES EVERYWHERE!

• On campus dining
• Restaurants
• On the go snacking
MEAL PLANNING
WHY MEAL PLAN?

• Saves money
• Saves time
• Prevents waste
• Encourages trying new recipes and food items
STEPS OF MEAL PLANNING

1. Determine how many meals you will need to plan for during the week
2. Find recipes that follow the plate method
3. Check which ingredients you already have
4. Make a grocery list before you go
5. Check grocery ads (can be found online or many of the local stores have a weekly ad mailed to your house/apartment)
6. Go to the store!!
My Weekly Meal Plan

Dinners:
1.
2.
3.
4.
5.

Items Needed for Dinner:

Breakfast Items:

Lunch Items:
Snack & Sale Items:
GROCERY STORES IN LOGAN

• Lee’s Marketplace: 555 E 1400 N, Logan
• Smith’s: 442 N 175 E, Logan
• Smith’s Marketplace: 750 N Main St, Logan
• Macey’s: 49 E 400 N, Logan
• Logan Outlet: 50 East 400 North, Logan UT 84321
• North Walmart: 1550 N Main St.
• South Walmart: 1150 S 100 W, Logan
• Natural Grocers: 1075 N Main St #110, Logan
**LOCAL PRODUCE**

- **USU Student Organic Farm**
  - Sell produce on campus
  - 10 am to 2 pm on Thursdays

- **Cache Valley Gardener's Market:**
  - 199 N Main St, Logan
  - Saturdays 9-1 until October 21st
ONLINE GROCERY SHOPPING

• Lee’s Marketplace
• Walmart
• Smith’s
• Macey’s
MEAL PLANNING RESOURCES
SO MANY PLACES TO FIND GREAT RECIPES!

• Pinterest
• Allrecipes
• Collegerecipes.com
• Library
• Some food packages
• USU Student Cookbook
LET’S RECAP

• What makes a meal? (Hint: 3 food groups)

• What is the plate method?

• What components make a great snack option?

• What are one or two reasons why meal planning is important?
CONCLUSION

• Healthy eating can seem challenging when you are balancing college, a job, friends, family, and other activities.

• BUT, incorporating the plate method into meals and investing just a little bit of time in planning every week will simplify healthful eating and make it seem like a piece of cake!