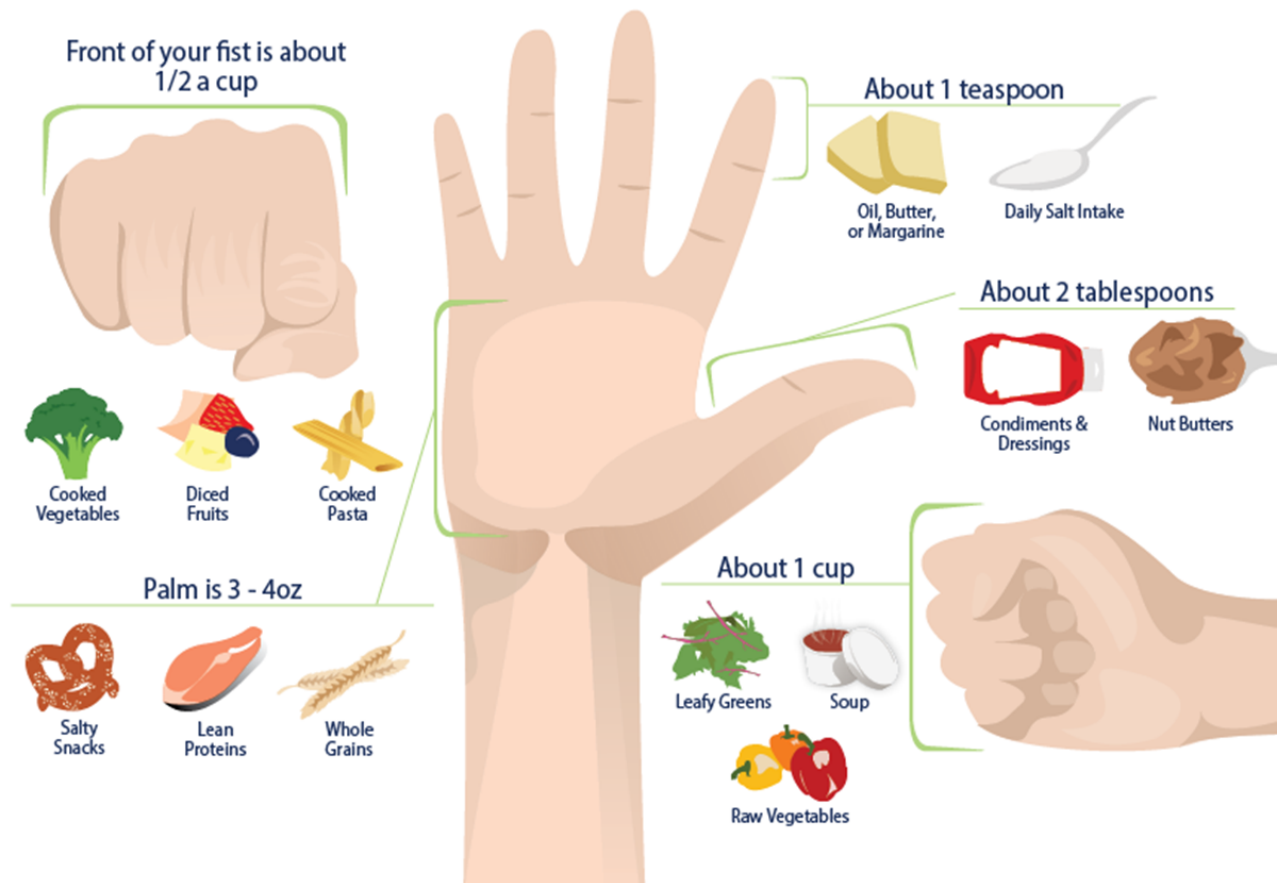


Healthy Lifestyle Program

Module 2: Healthy Eating

SMART Goal:	
Objectives:	<ul style="list-style-type: none"> • Define healthy eating • Introduce MyPlate and distinguish food groups • Debunk nutrition myths • Identify methods to support healthy eating habits

Use Your Hand for Portion Control



Food Groups

What new foods do you want to incorporate into your diet from each food group to ensure the recommended amount is met?

Fruits and Vegetables

Grains

Protein

Fats

Dairy

Sugar and Hydration