



# World Food Day

October 16, 2023

**MKS HEALTH DEPARTMENT**



# HEALTHY EATING

On World Food Day, most of us begin to think about ways we want to change and improve our lives. We usually like to put some form of getting healthy on a list, whether it would be exercise, eat healthier, or lose weight.

When we think about eating healthier, many of us focus on foods to remove from the diet, like fast foods, sugar, sodas, etc.

While this is not a bad thing to do, we sometimes forget about foods that we need to add back in.

Consider adding these foods to you and your family's diet:

1

## FRUITS & VEGETABLES

We need at least 5 fruits and vegetables each day, in a variety of colors for a healthy diet. When you prepare your plates, filling half of it with fruits and veggies will help you reach this goal.



2

## WHOLE GRAINS

Whole grains are those that still have all three major parts of the grain. These have fiber, healthy fats, vitamins, and minerals. Whole grain ingredients should be listed first or second on the food label ingredient list.



3

## DAIRY

The calcium and vitamin D found in dairy is very important for building bones in our children and maintaining bones for adults. We should be consuming 3 servings of dairy foods each day.



4

## LEAN PROTEIN FOODS

Lean protein is important for muscle building and many other functions in the body. It also helps keep us full. Proteins can be both animal and plant based. Both are great choices for a healthy diet.

# IMPORTANCE OF FAMILY MEALS

Sitting down to eat meals has many benefits - including nutritional, academic, and social-emotional benefits.

### Benefits in younger children include:

- Increased consumption of fruits and vegetables.
- Increased vocabulary, which can lead to early reading.
- Better academic performance.



## In older children, regular family meals has been shown to:

- Reduce obesity risk.
- Reduce depression.
- Improve academic performance.

Here are some simple tips to help make family meals happen...



# 1

## PLAN AHEAD

Don't assume you'll make time. As the week goes on, the schedule fills up quickly.

Just as we plan meetings and football games, we need to plan ahead and put family dinners on the calendar too. Aim for as many as you can, even one will be beneficial.

## KEEP IT SIMPLE

The meal doesn't need to be gourmet, it just needs to happen. Choose foods you are comfortable cooking and your family enjoys. Takeout works too, as long as you are eating together. Just be mindful of selecting healthier options.

# 2

## AVOID DISTRACTIONS

It's time to turn off the TV, put down the cell phones, and put away the tablet.

Minimize the distractions around you so that you can focus on one another.

# 3