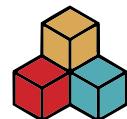


# Fuel Your Body Right: Building Blocks for Healthy Eating



Healthy eating helps you feel good and thrive at every age. Nutrients such as protein, fiber, vitamins, minerals and healthy fats give your body the fuel it needs. Try to eat a mix of foods from these groups every day — whole grains, fruits and vegetables, and plant-based and lean proteins.

## Early Childhood (ages 1-3)

### Snack Ideas

Plain yogurt or no-sugar-added yogurt with fruit, hard-boiled egg, banana slices

### Meal Ideas

Mashed peas with shredded skinless chicken breast  
Whole-grain pasta with baked mini meatballs made with lean meats



## Children (ages 4-8)

### Snack Ideas

Fat-free/low-fat cheese cubes and whole-grain crackers

### Apple slices with low-sodium peanut butter

### Meal Ideas

Crunchy Chicken Breast with Oven-Roasted Broccoli



## Tweens and Teens (ages 9-18)

### Snack Ideas

Smoothie with fat-free/low-fat milk, banana and nut butter

Homemade trail mix with unsalted nuts and unsweetened dried fruit

### Meal Ideas

Chicken tacos (using skinless chicken breast) with mango salsa

Crispy baked tofu with brown rice and stir-fry veggies

Shrimp lettuce wraps



## Adults (ages 19-60)

### Snack Ideas

Cinnamon Sweet Tortilla Chips with Fruit Salsa

Fat-free/low-fat cottage cheese with tomatoes, cucumbers and cracked black pepper

### Meal Ideas

Veggie, egg and quinoa frittata

Tuna salad with celery sticks

Marinated grilled sirloin and veggie skewers



## Older Adults (60+)

### Snack Ideas

Fat-free/low-fat cottage cheese with your favorite fruit

### Guacamole Deviled Eggs

### Meal Ideas

Lentil soup with whole-grain crackers

Baked cod with roasted Brussels sprouts and wild rice



## Should I avoid carbs?

Carbs should not be avoided. Let's face the fact:

Carbohydrates are your body's main energy source. Complex carbs such as oats, quinoa, brown rice, whole-grain pasta, potatoes and apples provide fiber, vitamins and sustained energy.

**Choose the right carbs** rather than cutting them out.



## Can eggs be part of a healthy eating pattern?

Yes, eggs can be part of a heart-healthy diet for healthy adults. Eggs deliver choline which most Americans don't get enough of — it's a critical nutrient among other nutrients for supporting brain development, memory and mood.

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