

Healthy Eating. From the Ground Up.



Academy of Nutrition and Dietetics
Academy of Nutrition and Dietetics Foundation

Benefits of Plant-Based Foods:

Fiber

Antioxidants

Vitamins

Minerals

Healthy Fats

Eating More Plant Foods When Eating Out:

List 3 things you can do the next time you eat out to incorporate more plant foods:

1. _____
2. _____
3. _____

Kid-Friendly Plant Snacks:

- Bean and cheese mini-quesadillas
- Nut butter on whole grain crackers
- Raw vegetables with hummus
- Fruit smoothie
- Fruit and yogurt parfait
- Whole grain cereal and low fat milk
- Baked potato with broccoli and low fat cheese
- Fresh veggies with yogurt dip

Plan More for Plant Foods

My busiest weeknight is _____.

Instead of _____ (ie, ordering pizza), I will _____.

Healthy Swap!

- List 3 refined grains that are stocked in your pantry right now. Alongside, list a replacement whole grain item you'd like to try instead.
- List 3 processed non/low plant-based snacks that are stocked in your pantry right now. Alongside, list a powerful plant-based replacement for each one that your kids will eat.
- List 3 vegetables your kids will eat with dinner. Add 3 more!

| Refined Grain | Replace with Whole Grain |
|-----------------------------|---------------------------------|
| | |
| | |
| | |
| Processed snacks | Replace with plant-based snacks |
| | |
| | |
| | |
| Vegetables my kids will eat | Add more vegetables more often |
| | |
| | |
| | |



Please take a few minutes to complete the evaluation of the presentation by using this link:

<http://www.surveymonkey.com/s/S3952FX>

Visit the Kids Eat Right website at: www.kidseatright.org for tips, articles, recipes, and videos to help busy parents shop smart, cook healthy, and eat right!

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