



WHAT IS HEALTHFUL?

■ **Calories do count!**

- Review sources of calories: Protein, carbohydrates and fat
- Concept of portion control
- Compare regular and jumbo muffins (show muffins)
 - Serving size/serv per container
 - Portion size
 - Calories

■ **Preparation method can ruin a perfectly good food**

- Example: Fried chicken vs. baked or grilled chicken
- Example: Salad with cheese, bacon, fried croutons, and high-fat dressing vs. Salad with fresh carrots and tomatoes with fat free dressing

■ **Fat matters**

- Comparison: Whole milk vs. nonfat milk (use examples &/or 2nd label slide)
 - Total Fat/Saturated Fat
 - Calories from fat
- Comparison: Regular and lean ground beef
 - % fat
 - By name of cut when % fat is missing (more explanation)
- Compare the regular bag of chips and the baked chips
 - grams of fat
 - serving size
 - package/portion size

■ **Sugar matters**

- Compare Cheerios and high sugar cereal
 - serving size
 - sugar content

■ **Beverages can add empty calories**

- Beverage calories add up
- Compare the 100% juice vs. juice drink
 - sugar content
 - calories
 - package size

■ **Let's hear it for fruits and vegetables!**

- Fresh produce
- Healthfully prepared main dish salads and side dishes