



Let's Eat Healthy

Nutrition Education Resources for Educators and Health Professionals

Boost Your Brainpower With Breakfast!

Good nutrition begins with breakfast. Starting the day with breakfast at home or school fuels your brain for learning!



What is a "balanced breakfast"?
A balanced breakfast will help you feel full until lunch. Eating foods from three or more food groups is a simple way to get the nutrients you need.

Which is your favorite easy breakfast idea?
• Oatmeal with milk and sliced apples

MyPlate
MyPlate helps you build a healthy eating pattern. To get the nutrients you need, choose foods from all the food groups: Dairy, Vegetables, Fruits, Grains and Protein.

Decide what to put on your plate!
Can you create a balanced meal using the foods shown? (Hint: a balanced meal includes at least one food from each of the food groups.) Don't see food you usually eat? Draw your own! Share your meal with a family member who does the shopping.



Use the "3 out of 5" balanced breakfast



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Rx Family Wellness Prescription

Names: _____ Date: _____

INSERT PATIENT LABEL HERE

OUR FAMILY GOALS:

- ☐ Build better meals by:
 - ☐ Making half our plates fruits and vegetables
 - ☐ Serving milk instead of sugary drinks
 - ☐ Choosing whole grains most of the time
- ☐ Serve healthy snacks by color groups (circle):
Dairy Vegetables Fruits

NOTES/PROGRAM REFERRALS

Rx My Wellness Prescription for Teens

Names: _____ Date: _____

INSERT PATIENT LABEL HERE

MY GOALS:

- ☐ Increase vegetable servings to _____ each day.
- ☐ Consume _____ daily servings of fat-free/low-fat dairy.
- ☐ Drink _____ glasses or bottles of water each day.
- ☐ Increase activity: _____ mins. _____ days each week.
- ☐ Try the school breakfast and/or lunch program.
- ☐ Increase fruit servings to _____ each day.
- ☐ Swap out _____ servings of grains for whole grains.
- ☐ Reduce sugar-sweetened drinks to _____ each week.
- ☐ Decrease screen time to _____ mins. each day.

Don't forget your next wellness visit: ____/____/____

Student Signature: _____

Prescriber Signature: _____

For more go to HealthyEating.org/HealthyTeens to complete the online nutrition modules.

NOTES/PROGRAM REFERRALS

A partnership of Dairy Council of California and The L.A. Trust for Children's Health. Adapted from Community Health Council's "My Wellness Prescription."

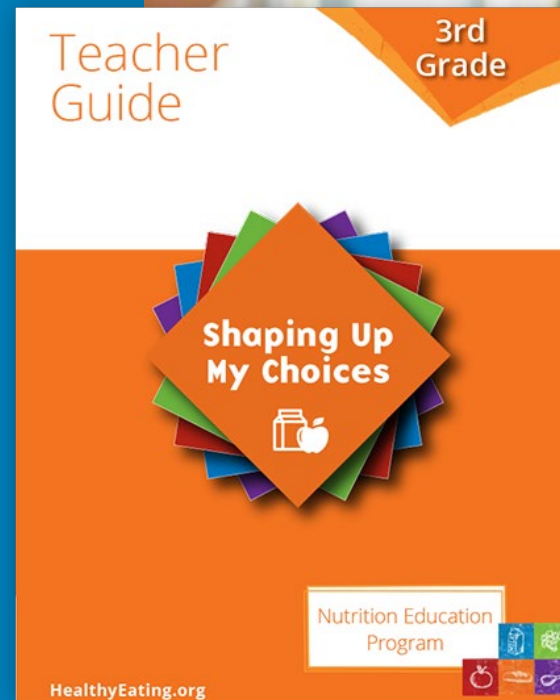
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Access Free Nutrition Education Resources at HealthyEating.org

Educators rate
Let's Eat Healthy
programs

4.7 out of 5 stars!



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educator Survey June 2021

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EDUCATION & HEALTH PROFESSIONALS

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IMPLICATIONS OF THE
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