

Now You Create a Balanced Meal!

Directions

Mark the appropriate box to answer Yes or No to the following questions:

TABLE 4.6 Did You Meet the Healthy Living Goals? Solution

	Yes	No
Did you include healthy fat?	✓	
Did you include whole grains?	✓	
Did you include sweetened beverages or foods with added sugar and sweets?		✓
Did you include fruits or vegetables?	✓	

List the foods you chose, and write down the nutrients that each food provides. Remember that these nutrients come from the healthiest choices in each food group. If a choice on your plate doesn't meet the healthy living goals, list a different food that will provide you with the most nutrients.

TABLE 4.7 Is Your Plate Balanced With Best-Choice Foods? Solution Example

Food group	Your food choice	Nutrients the food gives you
Grains	100% whole-wheat bread	Carbohydrate, vitamins, minerals
Fruits	Blueberries (added to the plain yogurt)	Water, carbohydrate, vitamins, minerals
Vegetables	Spinach salad and olive oil dressing	Vitamins, minerals, carbohydrate, fat
Protein	Peanut butter (between the bread to make a sandwich)	Protein, vitamins, minerals, fat, carbohydrate
Dairy	Plain yogurt	Protein, vitamins, minerals, carbohydrate, water

From L.W.Y. Cheung, H. Dart, S. Kalin, B. Otis, and S.L. Gortmaker, 2016, *Eat Well & Keep Moving*, 3rd ed. (Champaign, IL: Human Kinetics).