Three Easy Bites
That won’t weigh you down

Session 1: Start With Breakfast
This lesson will teach participants to plan to eat breakfast, including foods from at least two MyPlate food groups, and to include breakfast items on their weekly grocery list.

Goals: At the end of this lesson, participants will know:
★ Eating breakfast improves overall nutrition, and helps to reduce the temptation to make poor food choices in the morning.
★ The MyPlate food groups are: grains, vegetables, fruit, dairy, and protein.
★ How to make a shopping list which includes breakfast food.

Lesson 2: Snack Right
This lesson will teach participants which snack foods they should choose, to eat snacks away from the television, and to compare snack portions relative to the Nutrition Facts serving size.

Goals: At the end of this lesson, participants will know:
★ That planning snacks helps to reduce the temptation to eat unhealthy foods.
★ How to read a Nutrition Facts panel for serving size.
★ In general, people eat less food when snacking at the table instead of in front of the television.

Lesson 3: Choose MyPlate
This lesson will teach participants how to plan their dinner, including fruits and/or vegetables with each meal, and to include fruits and vegetables on their weekly grocery list.

Goals: At the end of this lesson, participants will know:
★ Planning for dinner helps to eliminate snacking on poor food choices during the evening.
★ Half of the dinner plate should be covered with fruit and/or vegetables.
★ How to make a shopping list which includes fruits and vegetables.

For more information contact:
Nathan Tucker or Enereyda Garza
BLT Extension Assistants - Texas AgriLife Extension Service
1600-B Smith Road Austin, TX 78721
Phone: (512)854-9600 Fax: (512)854-9611
Email: NETucker@ag.tamu.edu or EGGarza@ag.tamu.edu

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This material was funded by USDA’s Food Stamp Program. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet.