

## Planning Your Meals

### THE MULTIMIX PRINCIPLE:

A good way to plan balanced meals!

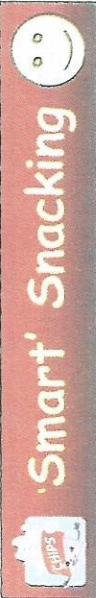
Balanced meals are meals that contain nutrients from as many of the food groups as possible.

Let's get started...

1. Start with a **Staple** foods. (e.g. rice)
2. Add the **GROW** food ( e.g. lentil peas)
3. Finish with the **GLOW** foods (e.g. pumpkin or orange juice), if possible

The types of Mixes:

Mixes	POINTS	EXAMPLES
2 MIX	One GO FOOD  One <b>GROW FOOD</b> <i>Be careful when choosing food groups for this type of mix!</i> <i>Mix cereals e.g. rice or flour products with legumes only ; Foods From Animals can be mixed with any type of staple food; Vegetables and Staples are NOT a good mix</i>	Rice and Lentil peas  Stewed Fish & Cassava
3 MIX	One GO FOOD One <b>GROW FOOD</b> One GLOW FOOD	Rice, Split Peas & Bhagi
4 MIX	One GO FOOD Two <b>GROW FOODS</b> One GLOW FOOD	Pelau: Rice, Pigeon Peas, Pumpkin and Chicken



What are snacks?

Small meals we have between our main meals.

TIPS!

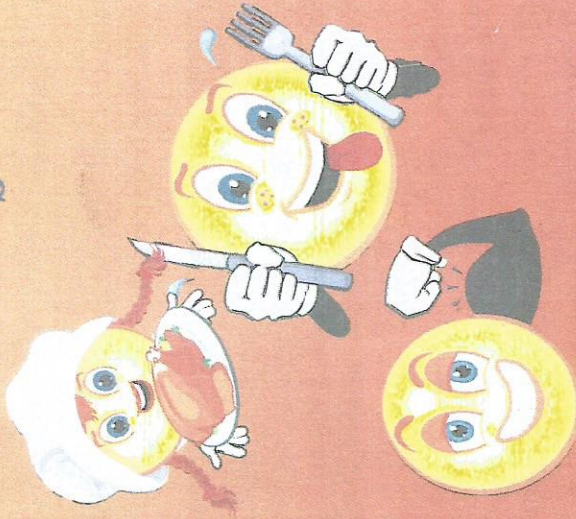
- LIMIT snacks that are high in salt, sugar and fats e.g. fried pies &, sweets
- Healthy snacks can include:
- ✓ Fresh fruit e.g. guavas
  - ✓ Vegetables e.g. cucumber sticks
  - ✓ Whole-wheat crackers & low-fat cheese
  - ✓ Fruit Smoothies & yoghurt
  - ✓ Pumpkin muffins
  - ✓ Baked potato chins

## Healthy Habits for Life

- ✓ Have a **variety** of foods from the six Caribbean Food Groups everyday to get all the nutrients that you need!
- ✓ Always have **breakfast** in the morning!
- ✓ Have your meals **on time!**
- ✓ Eat **less foods** that are high in **fats, sugar and salts**... These foods can cause you to become ill with nutrition-related lifestyle diseases or conditions e.g. Obesity, High Blood Pressure and Diabetes!
- ✓ Snack 'smart'!
- ✓ Avoid eating your meals in front of the television—this may cause you to overeat!
- ✓ Have at least one meal a day together with your family!
- ✓ Remember to have dietary fibre foods everyday to help keep your heart healthy!
- ✓ Good nutrition goes hand in hand with healthy physical activity habits- so turn off the television and go for a brisk walk, dance, play a sport or exercise for at least 30 minutes everyday of the week!



# Healthy Eating



# The Basics



NATIONAL SCHOOLS DIETARY SERVICES LIMITED  
School Nutrition Programme  
*Improving the Quality of Life with Nutrition*



NATIONAL SCHOOLS DIETARY SERVICES LIMITED

Nutrition Department

Couva/Pt. Lisas Chamber of Commerce Building

Camden Road, Couva

Phone: 636-8922/0560 and 679-1274/4624

Email: schoolnutrition1979@gmail.com OR

nutrition.nsssl@gmail.com