



Healthy Habits

5 Major Food Groups

Fruit—Veggies—Grain—Protein—Dairy

Fruit: fruit provides vitamins, minerals, dietary fiber and many phytonutrients (nutrients naturally present in plants), that help your body stay healthy.

Vegetables, legumes and beans: vegetables should make up a large part of your daily food intake and should be encouraged at every meal (including snack times). They provide vitamins, minerals, dietary fiber and phytonutrients (nutrients naturally present in plants) to help your body stay healthy.

Grain (cereal) foods: always choose wholegrain and/or high fiber varieties of breads, cereals, rice, pasta, noodles, etc. Refined grain products (such as cakes or biscuits) can be high in added sugar, fat and sodium.

Protein: lean meats and poultry, fish, eggs, tofu, nuts and seeds: our body uses the protein we eat to make specialized chemicals such as hemoglobin and adrenalin. Protein also builds, maintains, and repairs the tissues in our body. Muscles and organs (such as your heart) are made of protein.

Dairy: the foods in this group are excellent sources of calcium, which is important for strong, healthy bones. Not many other foods in our diet contain as much calcium as dairy foods.



Aloha, parents, grandparents, aunties, uncles and all other ohana of our STS keiki. I wanted to take a moment to tell each of you about a little challenge I am putting together for our STS learners. As we all know, a healthy body feeds a healthy mind and a healthy mind makes it easier for us to study, learn and remember all the things we need to build a successful future. Please take a moment to review the 5 major food groups with your learners, I think you'll be surprised by how much they already know. The details of the challenge will be sent out in next months edition of **STS Healthy Habits**.

A hui hou!
Respectfully Coach Jaramillo

