

Guide to Healthy Eating

**Eat
Everyday**

**Eat
Sometimes**

**Eat on
Special
Occasions**

Everyday

- Lots of vitamins and nutrients
- Many are NATURALLY gluten free
- **EXAMPLES:** fruits, vegetables, grilled chicken, fish, whole grains



Sometimes

- More sugar, salt, and fat
- Fewer vitamins and nutrients
- Decide with your family or caregiver how often is "sometimes"
- **EXAMPLES:** crackers, pretzels, oatmeal cookies, buttered popcorn, baked chips



Special Occasions

- A lot of sugar, salt, and fat
- Very few vitamins and nutrients
- Decide with your family or caregiver how often is a "special occasion"
- **EXAMPLES:** soda/pop, donuts, candy, fried foods, fried chips

