

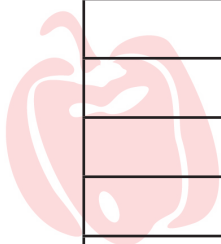
# Food Needs and Food Wants



	Food Needs	Food Wants
<b>Protein</b> 	Canned and dried beans Whole chicken Canned fish Meat mixed with beans or lentils	Meat that is pre-cut (such as stew meat) Steak, sausage, bacon, lunch meat Frozen meals
<b>Fruits</b> 	Fruits in season Fruits canned in light syrup or water Dried fruits Frozen 100% fruit juice	Pre-made fruit smoothies Fresh fruits out of season Pre-chopped fruit
<b>Vegetables</b> 	Vegetables in season Canned or frozen vegetables Vegetables grown in containers	Pre-chopped vegetables Individually packaged vegetables Frozen vegetables in sauces
<b>Grains</b> 	Unsweetened whole grain cereal Oatmeal Rice	Sugar coated cereal Brand name cereal Instant oatmeal in individual packages Instant flavored rice
<b>Dairy</b> 	Low-fat or nonfat dried milk Low-fat or nonfat milk Low-fat or nonfat yogurt Low-fat or nonfat block cheese	Full-fat ice cream Individually packaged yogurt or cheese Dairy-based desserts like cheesecake and pudding Grated cheese
<b>Other foods</b> 		Soda, cake, donuts, cookies, potato chips, candy bars



**List some of your food needs and food wants below.**

# Take Home Tips

## Making Choices Between Food Needs and Food Wants

- When you plan meals and make your shopping list, think about your food needs first.
- Limit food wants that are low in nutrients but high in fat and calories. These are “once-in-a-while” foods.
- Limit convenience foods when planning meals.
- Plan meals and buy foods following the MyPlate model.



### Set a Goal

When planning meals, I will consider my food needs and wants.

I will limit buying “once-in-a-while” foods.

I will buy fewer convenience foods and prepare more foods at home.

I will try to follow MyPlate when planning meals.

I will try one new healthy recipe in the coming week.

Other \_\_\_\_\_