

## **Balanced**

To eat foods from different food groups.

## **Hydration**

Water provided for a person to keep a correct fluid balance in his or her body.

## **Moderation**

Making the core of your food choices those with little or no added fats or sugars; eating fewer "extra."

<p><b>“3 out of 5” model</b></p>	<p>A balanced breakfast contains at least one food from each of the “3 out of 5” food groupings: Grains, Breads &amp; Cereals; Vegetables OR Fruits; Milk &amp; Milk Products OR Meat, Beans &amp; Nuts.</p>
<p><b>“5 out of 5” model</b></p>	<p>A balanced lunch or dinner contains at least one food from each of the “5 out of 5” food groups: Milk &amp; Milk Products; Vegetables; Fruits; Grains, Breads &amp; Cereals; Meat, Beans &amp; Nuts.</p>