

<p>Balanced</p>	<p>To eat foods from different food groups.</p>
<p>“5 out of 5” model</p>	<p>A balanced lunch or dinner contains at least one food from each of the “5 out of 5” food groups: Milk & Milk Products; Vegetables; Fruits; Grains, Breads & Cereals; Meat, Beans & Nuts.</p>
<p>Moderation</p>	<p>Making the core of your food choices those with little or no added fats or sugars; eating fewer “extras.”</p>

<p>Nutritious</p>	<p>A food containing minerals, vitamins or other nutrients needed for good health.</p>
<p>“3 out of 5” model</p>	<p>A balanced breakfast contains at least one food from each of the “3 out of 5” food groupings: Grains, Breads & Cereals;Vegetables OR Fruits; Milk & Milk Products OR Meat, Beans & Nuts.</p>