

## Anytime Foods & Sometimes Foods



Healthy Habits for Life has five key messages:

- Eat 5 fruits and vegetables every day!
- Anytime foods are so good for you, they may be eaten anytime. Eat a vegetable at every meal! These foods include fruits, vegetables, beans, whole grains and low fat milk. These foods are all in the new WIC food packages!
- Sometime foods are usually high in sugar, fat or salt, so enjoy them sometimes.
- Eat together as a family.
- The more you move, the healthier your body is, so be active every day!

### Sometimes & Anytime Foods

**“Anytime” Foods** – These are foods that are good to eat anytime. They are the healthiest foods with nutrients to help you grow up healthy. Examples: Fruits and vegetables, nonfat and low fat milk.

**“Sometimes” Foods** – These foods are the least healthy. That’s why they’re once-in-a-while foods. Examples: French fries, cookies, ice cream.

FOOD GROUP	“ANYTIME” FOODS	“SOMETIMES” FOODS
Vegetables	Fresh, frozen, steamed or canned vegetables (low sodium) without added fat (such as butter) or sauces	Any vegetable fried in oil
Fruits	All fresh and frozen fruits, canned fruits packed in their own juice	Fruits canned in syrup, dried fruits
Breads & Cereals	Whole-grain breads, pitas and tortillas; whole-grain pasta, brown rice and oatmeal; hot and cold unsweetened whole-grain breakfast cereals	Doughnuts, muffins, croissants and sweet rolls; sweetened breakfast cereals; crackers, cookies and chips; cakes and pies
Milk & Milk Products	Nonfat and lowfat milk; nonfat and lowfat yogurt; lowfat and nonfat cheese; lowfat and nonfat cottage cheese	Whole milk; full-fat cheese and cheese spreads; cream cheese; yogurt made from whole milk; ice cream, ice milk, and frozen yogurt; puddings
Meats, Poultry, Fish, Eggs & Beans	Beef and pork that have been trimmed of their fat; extra-lean ground beef; chicken and turkey without skin; tuna canned in water; fish and shellfish that’s been baked, broiled, steamed or grilled; beans; split peas and lentils; tofu; egg whites and substitutes	Beef and pork that haven’t been trimmed of their fat, fried hamburgers, ribs, bacon, fried chicken, chicken nuggets, hot dogs, deli lunch meats, pepperoni, sausage, salami, fried fish and shellfish, whole eggs cooked with added fat
Drinks	Water, nonfat and lowfat milk, unsweetened ice teas and lemonade	Whole milk, regular soda, sweetened iced teas and lemonade, fruit drinks with less than 100% juice

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## Food and Drink to Grow on

Teaching your child about healthy eating can be fun for both of you. Use the activities on this page to help you talk to your child.

*Every meal is an opportunity for a healthy family experience. If your child learns to reach for healthy foods now, then he'll keep making good food choices his whole life.*



A great way to help your child learn about different types of food is by explaining the idea of "anytime" and "sometimes" foods.

**An "anytime" food is something we can eat everyday**, such as fruits and veggies in all colors of the rainbow, whole grains, lean meats, low fat yogurt and water or low fat milk to drink.

**"Sometimes" foods are high in sugar, fat or salt** – that's why we should only eat them once in a while. They're foods such as cookies, candy, chips and sodas.

**Try this!** Sometimes it takes several tries before your child learns to like a new food. Challenge your child to take a taste of something different, focusing on fruits, vegetables, whole grains or low fat dairy products.

**Try this!** Plan a meal with your child that includes at least three different colors, like red peppers, black beans and brown rice. Have your child count up all the colors on the plate.

Activity on page 9 of Storybook: You might build a simple "Food Wheel" like in the DVD and have kids play the game. Say, "Close your eyes and touch something on this wheel. Now – open your eyes! Which food did you choose? Is it a Sometimes or an Anytime food? Why?" (Sometimes foods are foods you just eat once in a while and they're usually fat, sugary or salty. Anytime foods are good for you. You can eat them anytime. They keep your body healthy and strong).



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