

PLAN A BALANCED MEAL

So barbeque chips and a cola, a healthy meal does not make. The bottom line, the term “you are what you eat” is true, and if you eat garbage, empty calories, and poisonous sugars, you are hurting your body long, and it will start having negative effects on your health.

FLIP OVER FOR YOUR NEXT CHALLENGE



EARN THIS NUGGET

A challenge to better understand nutrition, and the importance of a well-balanced meal.
Plan a well-balanced meal for the family.

So here are some basic guidelines:

1. Whenever possible, eat real food, not processed foods. An apple, as compared to an apple pie, for instance. Good foods are typically on the perimeter walls of the grocery store.
2. You'll want some good carbohydrates for energy, pasta or breads are good for this, but remember balance; we don't want to be too heavy on the carbs.
3. Protein will build muscles, eggs, peanuts and of course meats are just a few proteins to consider. Also consider how you cook the meats--fat frying is not good for healthy living.
4. Greens, anything from peas, broccoli, and spinach are great, also feel free to throw in some non-greens like carrots for variety.
5. Starches are good for variety--potatoes or corn--again be aware of how you are cooking. Steaming tends to be the healthiest way of cooking.

