



Eating For A Stronger, Healthier You Resource List

Find these resources on AHA's YouTube channel or heart.org/healthyforgood

- ❑ Video – [Creamy Tomato Soup](#)

Find these resources in this lesson

- ❑ Handout – [Choose MyPlate Portion Sizes](#)
- ❑ Handout – [What's a Serving? Infographic](#)
- ❑ Handout – [Whole Grain versus Refined Grain](#)
- ❑ Handout – [Creamy Tomato Soup recipe](#)
- ❑ Handout – [Eat More Color Infographic](#)
- ❑ Handout – [Fun Facts Monthly Fruit and Vegetable Calendar](#)
- ❑ Handout – [Setting SMART Goals](#)

- ❑ Chairs and tables for participants
- ❑ Demo table
- ❑ Pens for participants
- ❑ Folders
- ❑ Computer, internet access, and projector, if available

These items can enhance the educational experience and help you demonstrate serving sizes, but they are not required.

For the Food Groups:

- ❑ 1 medium apple
- ❑ ½ cup fruit in a bowl
- ❑ ¼ cup dried fruit (raisins, dried apricots, etc.) in a bowl
- ❑ ¼ cup orange juice in a glass
- ❑ 1 cup salad (darker greens) in a bowl
- ❑ ½ cup vegetables in a bowl
- ❑ ½ cup tomato juice in a glass
- ❑ 1 slice whole-grain toast on a plate
- ❑ ½ cup cooked whole-grain pasta, such as rotini, in a bowl
- ❑ 1 cup fat-free milk in a glass
- ❑ ½ ounce unsalted nuts in a bowl
- ❑ Measuring spoons
- ❑ Measuring cup
- ❑ Deck of cards
- ❑ Four dice

- ❑ 2 14.5-ounce cans no-salt-added diced tomatoes, undrained
- ❑ 2 cups no-salt-added tomato juice
- ❑ 1 teaspoon dried basil, crumbled
- ❑ 1 teaspoon sugar
- ❑ 1 cup fat-free milk
- ❑ 4 ounces fat-free cream cheese
- ❑ 1 ½ ounces shredded fat-free Cheddar cheese
- ❑ Measuring cups and spoons
- ❑ Blender or Food processor
- ❑ Rubber scraper
- ❑ Medium saucepan
- ❑ Large whisk
- ❑ Soup bowls (for tasting)
- ❑ Soup spoons (for tasting (t)3.2 (a)-25.7 (s)-24.8 (tin)-6.9 (g))-4

Choose My Plate Portion Sizes





Healthy For Good

WHAT'S A SERVING?

FRUITS

4 servings per day

ONE MEDIUM FRUIT



About the size
of your fist.

FRESH, FROZEN OR CANNED



= 1/2 CUP

DRIED



= 1/4 CUP

FRUIT JUICE



= 1/4 CUP

VEGETABLES

5 servings per day

ONE MEDIUM VEGETABLE



= 1 CUP

FRESH, FROZEN OR CANNED



= 1/2 CUP

VEGETABLE



= 1/2 CUP

based on a 2,000 calorie eating pattern

The good news is eating the right amount of fruits and vegetables doesn't have to be complicated. Here are some examples of about one serving:

FRUITS

Apple, pear, orange, peach or nectarine: 1 medium

Avocado: Half of a medium

Banana: 1 small (about 6" long)

Grapefruit: Half of a medium (6" across)

Grape: 16

Kiwifruit: 1 medium

Mango: Half of a medium

Melon: Half-inch thick wedge of slice; watermelon, honeydew, cantaloupe

Pineapple: 1/4 of a medium

Strawberry: 4 large

VEGETABLES

Bell pepper: Half of a large

Broccoli or cauliflower: 2 to 4 florets

Carrot: 6 baby or 1 whole (about 6 to 7" long)

Corn on the cob (6" long) or 1 ear (8 to 9" long)

Leafy vegetable: 1 cup raw or 1/2 cup cooked (lettuce, kale, spinach, greens)

Peas: 1/2 cup (frozen or canned)

Squash, yellow: Half of a small

Sweet potato: 1/2 of a medium (6" long)

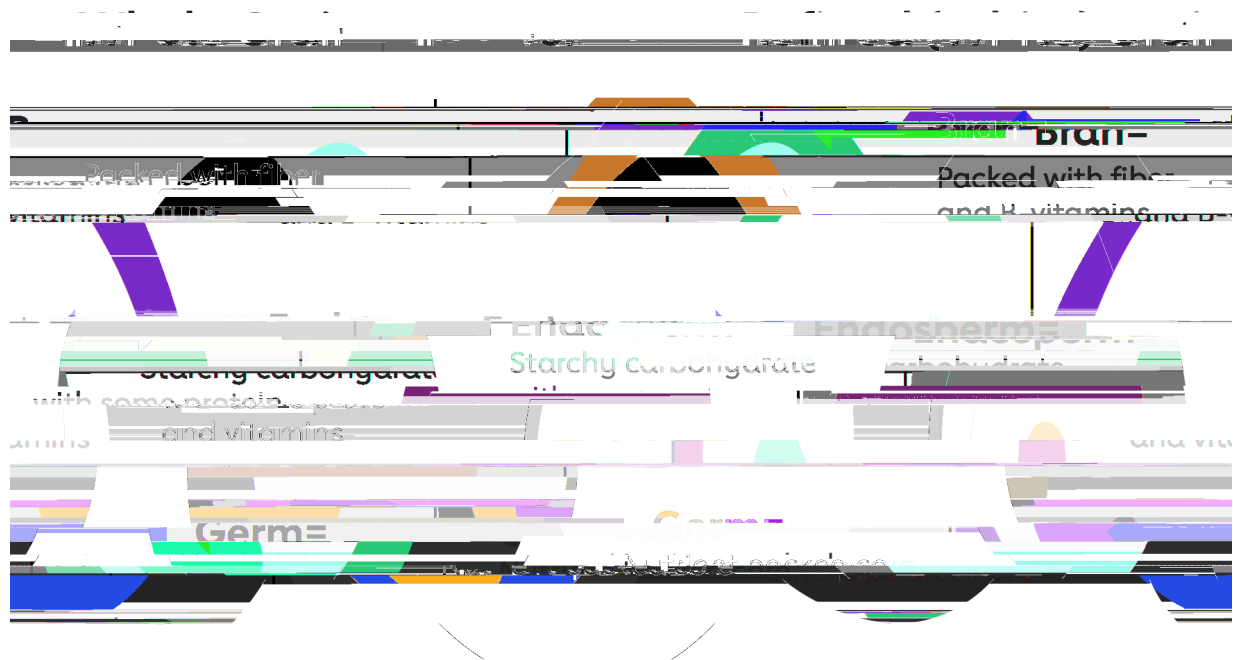
Tomato: 1/2 of a medium (7 to 8" long)

EAT SMART. ADD COLOR. MOVE MORE. BE WELL.

#HEALTHYENPGOOD

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Whole Grain vs. Refined (White) Grain





Creamy Tomato Soup

Makes 8 servings; generous $\frac{3}{4}$ cup per serving
Per serving: 71 Calories; 0.0 g Saturated Fat; 185 mg Sodium



This kid-tested and kid-approved tomato soup is rich and filling.

- ☐ 2 14.5-ounce cans no-salt-added diced tomatoes, undrained
- ☐ 2 cups no-salt-added tomato juice
- ☐ 1 teaspoon dried basil, crumbled
- ☐ 1 teaspoon sugar
- ☐ 1 cup fat-free milk
- ☐
- ☐

The best way to get all of the vitamins, minerals and nutrients you need is to eat a variety of colorful fruits and veggies. Add color to your plate each day with the five main color groups.

Healthy For Life®
Association

RED & PINK

beets
cherries
cranberries
pink grapefruit
pomegranates
red beans
raspberries
red apples
red grapes
red peppers
red potatoes
strawberries
tomatoes
watermelon

BLUE & PURPLE

blackberries
blueberries
eggplant
grapes
plums
purple grapes
purple onions
radicchio

+ EAT MORE COLOR +

YELLOW & ORANGE

acorn squash
butternut squash
apricots
cantaloupes
carrots
corn
grapefruit
lemons
mangoes
nectarines
oranges
orange peppers
peaches
pineapples
pumpkins
sweet potatoes
tangerines
yams
yellow apples
yellow peppers
yellow squash

WHITE & BROWN

brown pears
cauliflower
cucumbers
dates
garlic
jerusalem artichokes
mushrooms
onions
potatoes
shallots
turnips

GREEN

asparagus
broccoli
brussels sprouts
cabbage
cucumbers
green beans
green cabbage
green onions
green peppers
kale
leeks
mushrooms
peas
peppers
pumpkins
radicchio
romaine lettuce
spinach
zucchini

For more tips and tricks on adding color to your plate, visit

HEALTHYFORLIFE.ORG/ADDCOLOR

Fun Facts Monthly Fruit and Vegetable Calendar

Got the broccoli blues? Bored with bananas? The good news is there are many different fruits and

