
























































## Food Needs and Wants Bean Game Board

<b>PROTEIN</b>	
Dried or canned beans	
Meat on sale	 
Whole chicken	 
Steak	  
Deli meat	  
<b>FRUITS</b>	
Fruits in season	
Canned or dried fruits	
Frozen 100% fruit juice concentrate	
Fresh fruits out of season	 
Fruit juice boxes	 
Fruit smoothies	  
<b>VEGETABLES</b>	
Vegetables on sale	
Canned or frozen vegetables	
Chopped vegetables	 
Individually packaged vegetable snacks	  
<b>GRAINS</b>	
Unsweetened whole grain cereal	
Store brand quick oatmeal	
Whole wheat bread	
Instant oatmeal individual packages	 
Brand name cereal	 
<b>DAIRY</b>	
Low-fat milk	
Low-fat yogurt	 
Block cheese	 
Individually packaged cheese	  
<b>OTHER FOODS</b>	
Soda	 
Donuts	 
Cookies	 
Potato chips	 
Candy bars	 

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	Food Needs	Food Wants
<b>Protein</b> 	Canned and dried beans Whole chicken Canned fish Meat mixed with beans or lentils	Meat that is pre-cut (such as stew meat) Steak, sausage, bacon, lunch meat Frozen meals
<b>Fruits</b> 	Fruits in season Fruits canned in light syrup or water Dried fruits Frozen 100% fruit juice	Pre-made fruit smoothies Fresh fruits out of season Pre-chopped fruit
<b>Vegetables</b> 	Vegetables in season Canned or frozen vegetables Vegetables grown in containers	Pre-chopped vegetables Individually packaged vegetables Frozen vegetables in sauces
<b>Grains</b> 	Unsweetened whole grain cereal Oatmeal Rice	Sugar coated cereal Brand name cereal Instant oatmeal in individual packages Instant flavored rice
<b>Dairy</b> 	Low-fat or nonfat dried milk Low-fat or nonfat milk Low-fat or nonfat yogurt Low-fat or nonfat block cheese	Full-fat ice cream Individually packaged yogurt or cheese Dairy-based desserts like cheesecake and pudding Grated cheese
<b>Other foods</b> 		Soda, cake, donuts, cookies, potato chips, candy bars

**List some of your food needs and food wants below.**


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# Take Home Tips

## Making Choices Between Food Needs and Food Wants

- When you plan meals and make your shopping list, think about your food needs first.
- Limit food wants that are low in nutrients but high in fat and calories. These are "once-in-a-while" foods.
- Limit convenience foods when planning meals.
- Plan meals and buy foods following the MyPlate model.



### Set a Goal

When planning meals, I will consider my food needs and wants.

I will limit buying "once-in-a-while" foods.

I will buy fewer convenience foods and prepare more foods at home.

I will try to follow MyPlate when planning meals.

I will try one new healthy recipe in the coming week.

Other \_\_\_\_\_

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# Corn Salad

6 servings

Serving size: 1/2 cup

## Ingredients

2 cups corn

(fresh or frozen, cooked and drained)

2 medium size tomatoes (chopped)

1/2 green pepper (chopped)

1/4 onion (chopped)

1/4 cup ranch dressing (fat-free)



## Instructions

1. In bowl, combine vegetables.
2. Stir in dressing.
3. Cover and refrigerate until ready to serve.

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