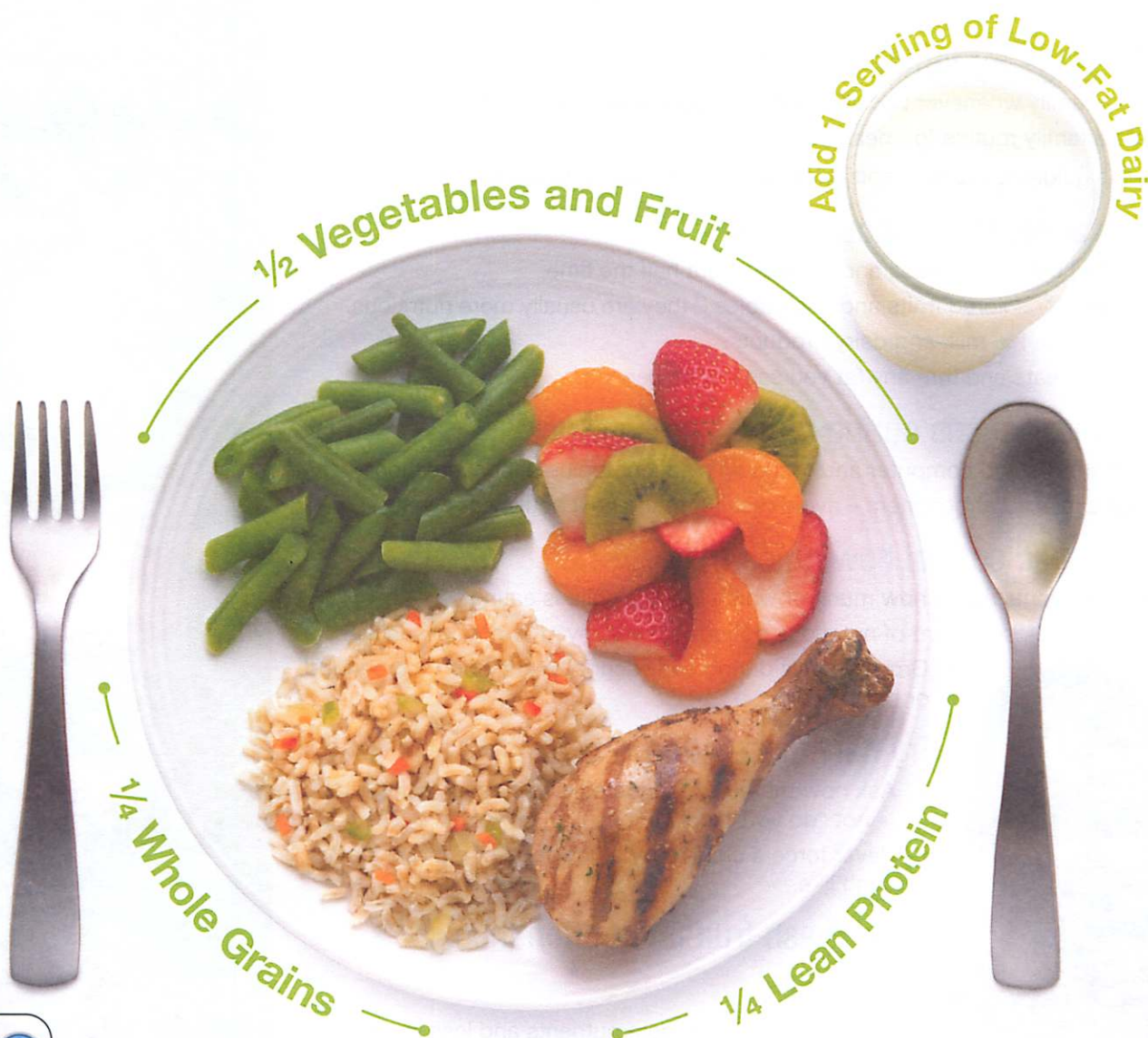


# 1 GREAT PLATE™

for Kids!

=  $\frac{1}{2}$  Vegetables and Fruit +  $\frac{1}{4}$  Whole Grains +  $\frac{1}{4}$  Lean Protein

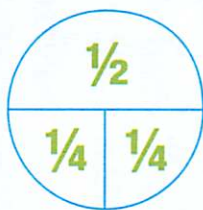


Make Your Plate GREAT!



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for Kids!



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## Top Tips for Feeding Kids:

### Set the stage for family mealtimes

- Eat as a family whenever possible and be a good role model for healthy eating.
- Create a family routine for meal and snack times.
- Develop guidelines to limit soft drinks and empty calorie foods and stick to them.

### Offer a variety of nutritious foods

- Choose whole grain breads and cereals about half the time.
- Serve brightly colored fruits and vegetables – they are usually more nutritious.
- Serve skim or 1% milk and dairy products.
- Plan lean meats and trim any fat you see before serving.

### Control distractions during meals and snacks

- Turn off the TV and computer and focus on pleasant topics of conversation.
- Aim for a relaxed atmosphere – avoid rushing to the next activity or event.

### Let your child control how much they eat

- Avoid comments about how much or which foods a child is eating.
- Create a snack cupboard of nutritious options for healthy after-school snacks.
- Growth slows during early school years – don't force food or big portions.

### Try new foods often

- Ask how the new food tastes (sweet, sour, salty, etc.) – not “do you like it?”
- Never force a child to try a new food or eat one they don't like.

### Choose fresh fruit more often than fruit juice

- Fresh fruits have more nutrients and less sugar than juice
- Offer water instead of juice or sports drinks when children are thirsty.

## What's a kid-sized portion?



1/2 cup cooked rice or pasta



1/2 cup fruit



1/2 cup vegetable



1 cup of milk



1 ounce of cheese



2 ounces of lean protein



1 tablespoon peanut butter

