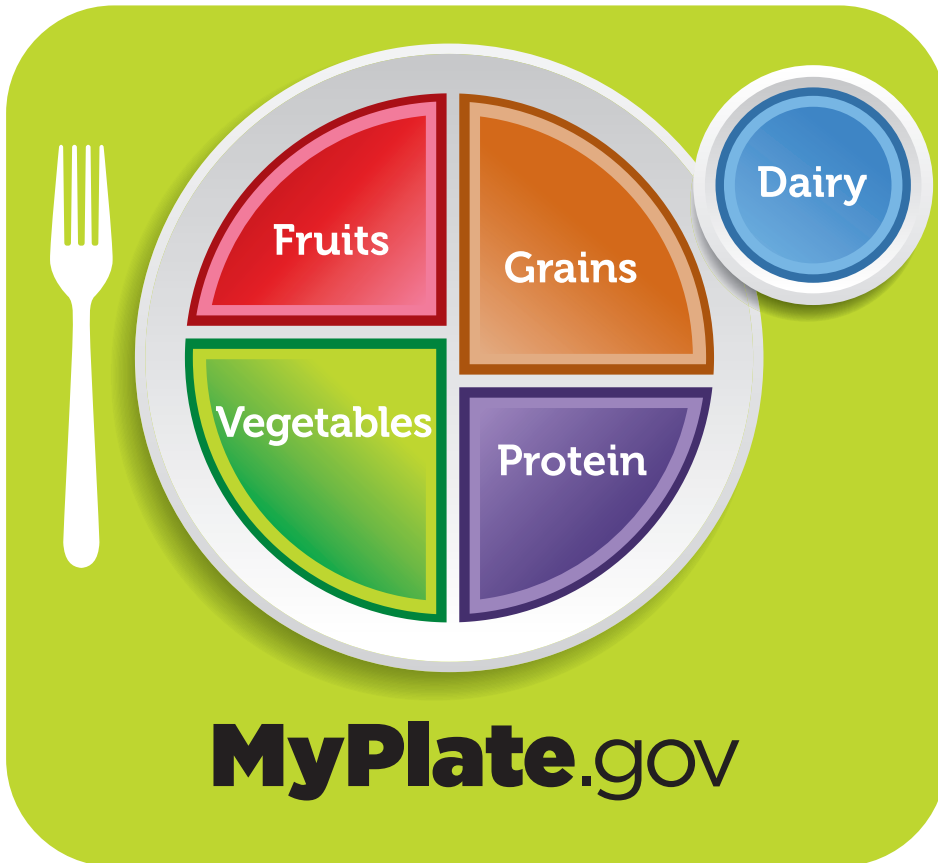




Fun With Food and Fitness

First-grade nutrition education newsletter

Lesson **7**



U.S. Department of Agriculture. ChooseMyPlate.gov

Choosing a variety of foods and being physically active are important for good health. Your children learn by watching you. Choose a variety of foods and be physically active, and they will too!

MyPlate is your plate!

Use MyPlate to remind you and your family to choose a variety of foods when planning a meal or snacks. A healthy meal starts by filling half of your plate with fruits and vegetables. Add smaller amounts of grains and protein foods to the other half. Dairy foods can be a cup of milk or foods like cheese added to the meal, or yogurt with fruit as a dessert. Hang this picture on your refrigerator or cabinet to remind you and your family members what a healthy plate looks like.



What can you do to help your child choose a variety of foods?

Children love to be involved in choosing food. Use the lists below to help them think of the many choices available.

Grains

Make half your grains whole-grain. Offer whole-grain choices often.

- Whole-wheat bread
- Whole-wheat pita bread
- Whole-wheat or corn tortillas
- Whole-grain cereal
- Whole-wheat muffins
- Brown rice or wild rice
- Whole-wheat pasta
- Oatmeal
- Whole-grain crackers
- Popcorn

Vegetables

Vary your veggies and choose a variety of colors.

- Fresh: Clean, sliced and ready-to-serve carrot sticks or baby carrots, celery, cauliflower, broccoli, yellow or zucchini squash, bell peppers
- Ready-to-eat bag salads
- Tomatoes
- Baking potatoes, or try sweet potatoes as an option!
- Canned, ready-to-eat vegetables
- Frozen vegetables

Fruits

Focus on fruits.

- Canned (in juice or water, not syrup): peaches, pears, apricots
- Frozen: cherries, berries, peaches, mango
- Fresh: bananas, apples, oranges, grapefruit, fresh fruit in season
- Dried: apricots, apples, raisins and cherries
- 100 percent fruit juice contains some nutrients, but whole fruit is preferred

Dairy foods

Get your calcium-rich foods.

Low-fat choices taste great.

- Low-fat or fat-free milk, calcium-fortified soy milk
- Low-fat or nonfat flavored or plain yogurt
- Low-fat cottage cheese
- Low-fat cheese: cheddar, Monterey Jack, Colby, Swiss, American, reduced-fat string cheese
- Instant pudding made with low-fat or fat-free milk

Protein foods

Go lean with protein. Some plant foods have protein.

- Eggs
- Peanut butter, nuts
- Beans and lentils
- Lean beef and pork, chicken, turkey, and fish
- Canned tuna or salmon
- Soy products like tofu, tempeh and edamame, and hummus

Extras

Know your limits. Choose in smaller amounts.

- Low-fat, light or fat-free mayonnaise
- Butter or margarine
- Jelly or jam
- Chocolate syrup
- Soda pop and sugar-sweetened drinks
- Ketchup and barbecue sauce

Spices and condiments

These add flavor but little or no calories ...

- Cinnamon, nutmeg, salsa, mustard

Find more information and view videos on how moms are helping their families eat healthier foods at <https://www.fns.usda.gov/core-nutrition/especially-moms>.

Funded in part by USDA SNAP.

For more information, call MU Extension's Show Me Nutrition Line at 1-888-515-0016. Running out of money for food?

Contact your local food stamp office or go online to mydss.mo.gov/food-assistance/food-stamp-program.