

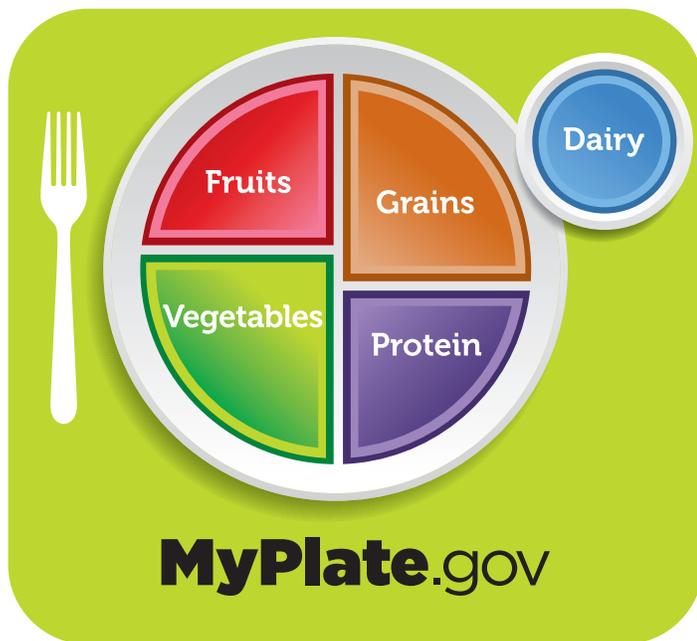
Food Group Express

Second-grade nutrition education newsletter

Lesson 7

MyPlate is your plate!

MyPlate reminds you and your family to choose a variety of foods when planning a meal. A healthy meal starts by filling half your plate with fruits and vegetables. Add smaller amounts of grains and protein foods to the other half. Dairy foods can be added by serving milk to drink, adding cheese to a dish or having yogurt with fruit for a dessert.



What's missing from MyPlate?

Candy, soda, snack foods and other foods low in nutrients and high in saturated fat or added sugar are missing from MyPlate. These foods are okay to have every now and then, but it's important to choose foods high in nutrients more often. Here are some tips for making the healthy choice a little easier:

- Look high, look low. When looking for low-sugar cereals (and other healthy foods), look at foods on the higher and lower shelves. Why? Foods with high sugar are on the middle shelves to attract children.
- Avoid the temptation of candy as you wait to check out by looking for a checkout aisle that doesn't have candy or by distracting yourself and your child with conversation, a game, or a magazine.
- When going to the grocery store, make a list of the foods you need and stick to it. Try to go down the aisles that have the most nutritious foods, and skip the temptation of the others.
- Keep healthy snacks in sight, such as fresh fruit in a bowl on the counter or cut-up vegetables in the refrigerator.
- Do you buy big packages of cookies for an occasional treat? Repackage them into smaller servings. This keeps you from overindulging. Keep these packages stored in cabinets. If they aren't in plain sight, you and your family are less likely to reach for them.

Recipe

Baked Tortilla Chips

(Makes 4 servings)

These baked chips have about half the calories and less than 2 grams of fat when compared to regular tortilla chips.

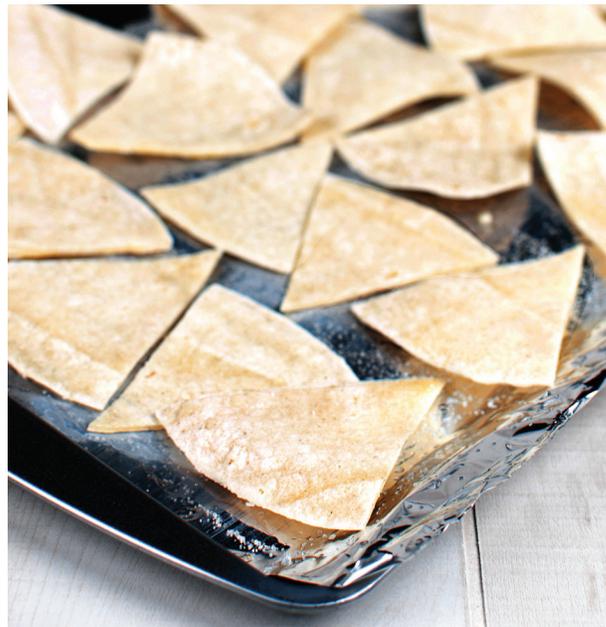
Ingredients:

- 8 small corn or whole-wheat tortillas
- Nonstick cooking spray
- Garlic powder or other seasonings like pepper or cinnamon (Mix 1 tablespoon sugar with ½ teaspoon cinnamon for a cinnamon and sugar mix to sprinkle on the tortilla wedges.)

Directions:

1. Wash hands and surfaces.
2. Preheat oven to 450 degrees F.
3. Cut each tortilla into 6 wedges. Lay wedges on cookie sheet that has been sprayed with cooking spray. Spray tops of tortillas lightly.
4. Sprinkle with garlic or other seasonings.
5. Bake 6 to 10 minutes or until golden brown.

Serve chips with dips, low-fat ranch dressing, hummus, salad or soup.



Funded in part by USDA SNAP.

For more information, call MU Extension's Show Me Nutrition Line at 1-888-515-0016.

Need help stretching your food dollars? Contact your local resource center or go online to mydss.mo.gov/food-assistance