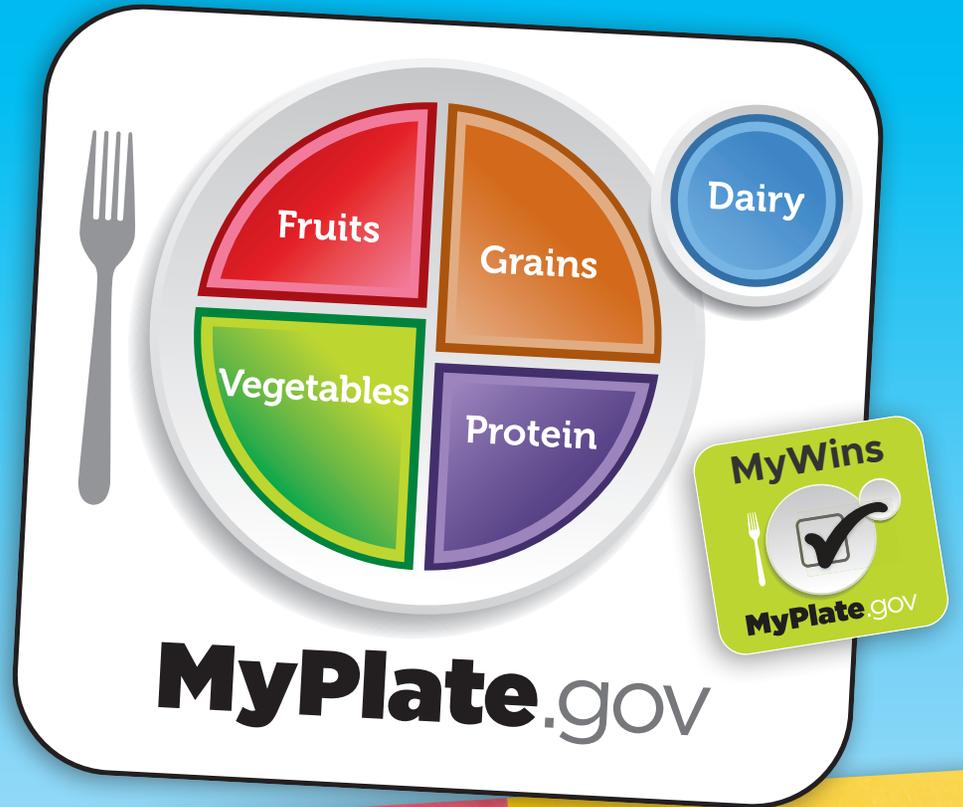
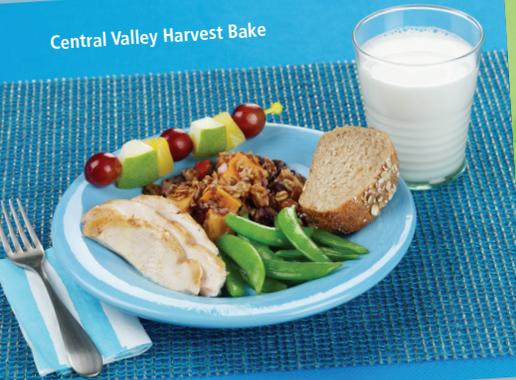


# Hey kids . . . what's on your plate?



**MyPlate.gov**

Central Valley Harvest Bake



Roasted Fish Crispy Slaw Wrap



Smokin' Powerhouse Chili



Porcupine Sliders



Move to low-fat or fat-free dairy.

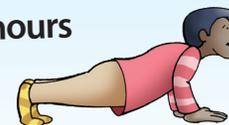
Make half your plate fruits and vegetables.

Make half your grains whole grains.

Vary your protein routine.

**Be physically active your way!**

60 minutes up to several hours  
every day



## Grains

Start smart with breakfast. Look for whole-grain cereals.

Just because bread is brown, doesn't mean it's whole-grain. Search the ingredients list to make sure the first word is "whole" (like "whole-wheat").



## Vegetables

Color your plate with all kinds of great-tasting veggies.

Choose vegetables in a variety of colors. Go dark green with broccoli and spinach, or try orange ones like carrots and sweet potatoes, or red veggies like tomatoes and red pepper.



## Fruits

Fruits are nature's treats — sweet and delicious.

Go easy on juice and make sure it's 100 percent.



## Dairy

Look at the carton or container to make sure your milk, yogurt or cheese is low-fat or fat-free.

Do you have problems with lactose? Try calcium-fortified soy milk or lactose-free milk.



## Protein Foods

Eat lean or low-fat meat, chicken, turkey and fish. Ask for it baked, broiled or grilled — not fried.

Nuts, seeds, peas, bean, and eggs are all great sources of protein, too.



• **Drink water instead of sugary drinks** like soda, sports drinks, energy drinks, sweet tea or fruit drinks.

• **Foods high in saturated fat** like cakes, cookies, ice cream, sausages, and hot dogs **are okay once in a while, not every day.**

• **Compare sodium** in foods and choose foods with a lower number on the label.

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