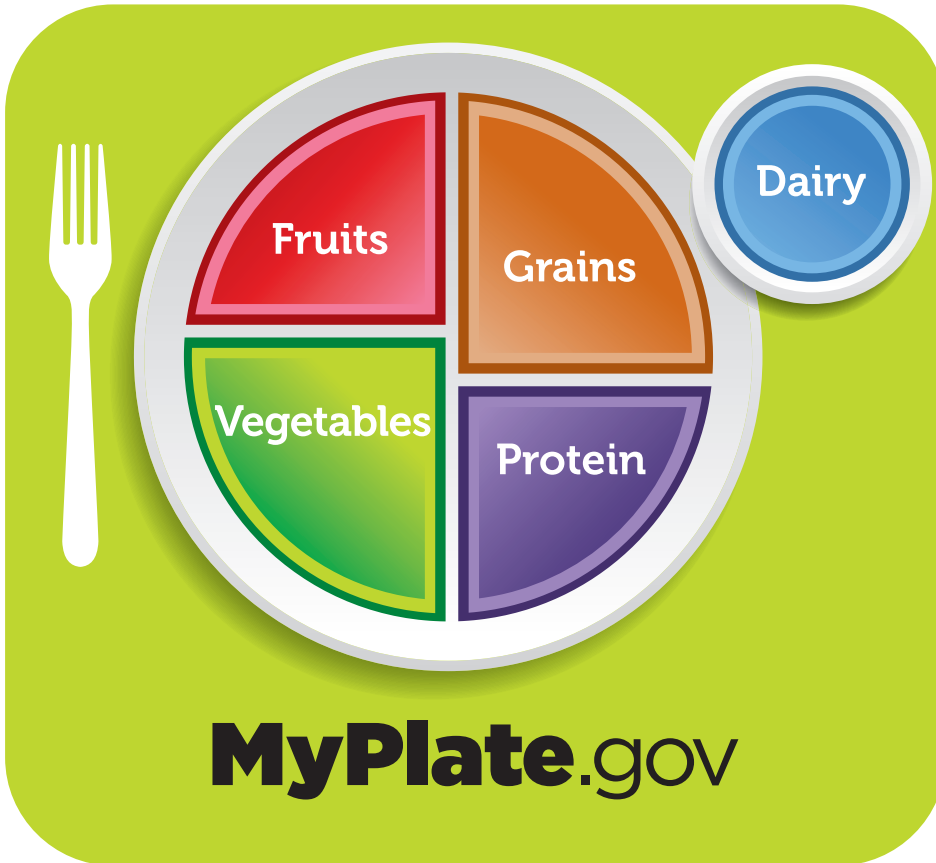




# Fun With Food and Fitness

First-grade nutrition education newsletter

Lesson 8



U.S. Department of Agriculture. MyPlate.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 protein sources, such as beans, are naturally low in fat.**

- 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-0>.

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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](https://mydss.mo.gov/food-assistance)