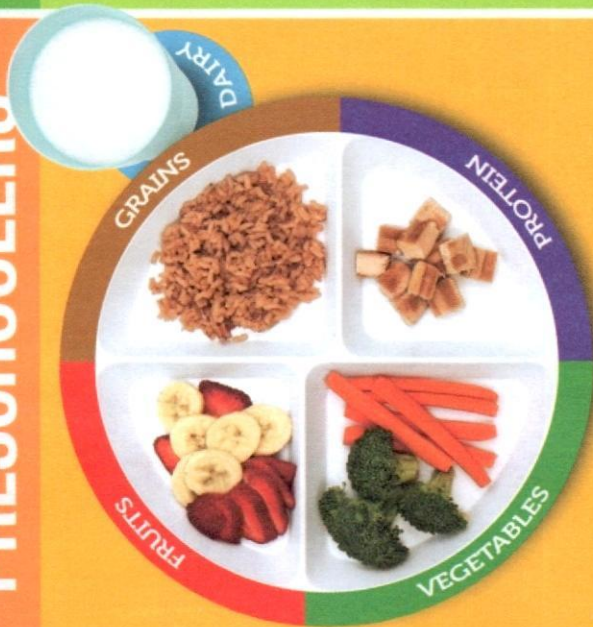


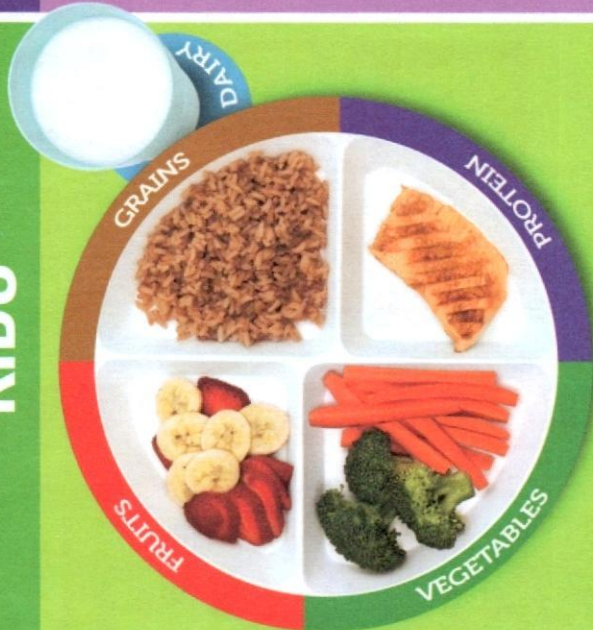
3 Great Plates For Your FAMILY

PRESCHOOLERS



- 1/4 cup banana & 1/4 cup strawberries
- 1/4 cup chopped broccoli & 1/4 cup carrots
- 1/4 cup brown rice
- 1 oz cut-up grilled skinless chicken breast
- 8 oz low-fat milk

KIDS



- 1/4 cup banana & 1/4 cup strawberries
- 1/4 cup chopped broccoli & 1/2 cup carrots
- 1/2 cup brown rice
- 2 oz grilled skinless chicken breast
- 8 oz low-fat milk

ADULTS

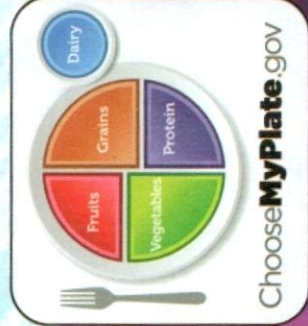
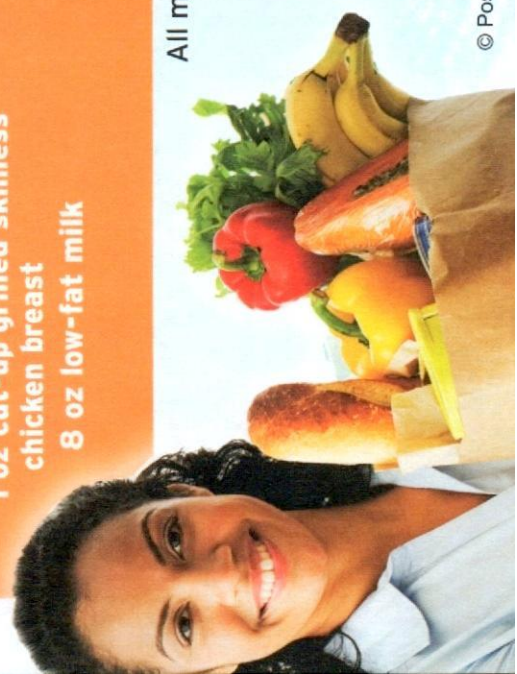
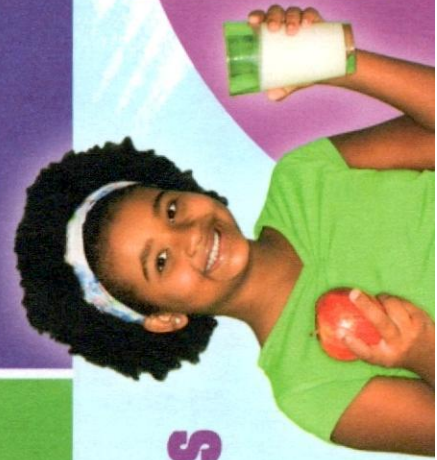


- 1/2 cup banana & 1/2 cup strawberries
- 1/2 cup chopped broccoli & 1/2 cup carrots
- 1/2 cup brown rice
- 3 oz grilled skinless chicken breast
- 8 oz low-fat milk

All meals photographed on 10" plates.

Good Nutrition Starts With MyPlate

For more information, visit www.ChooseMyPlate.gov



Choose **MyPlate**.gov

Help Your Family Eat Healthy Every Day

Eat together as a family whenever possible. Turn off the TV. Talk about pleasant topics. Be a good role model by eating healthy foods yourself.

Serve meals with:

- half of the plate colorful fruits and vegetables. Try to include dark green, orange, and red veggies. Limit fruit juice, which has less fiber and more sugar than whole fruit.
- at least ½ the grains whole grains. Read ingredients lists and choose those with whole grains listed first.
- lean protein. Vary your choices. Serve proteins from sources such as lean meat and poultry, seafood (twice a week), eggs, beans, peas, soy products, and unsalted nuts and seeds.
- fat-free or low-fat dairy, such as milk, cheese, and yogurt.

Serve water instead of sweetened drinks, such as soda.



All FRUITS & VEGGIES ARE GOOD
Choose fresh, frozen, dried, or canned fruits and veggies without added salt or sugar.



BE SMART ABOUT GRAINS

Whole grains include whole wheat, brown rice, bulgur, buckwheat, oatmeal, whole-grain cornmeal, whole oats, whole rye, and wild rice.



Visit

www.ChooseMyPlate.gov
to learn more

Provide the right serving size for each age group.

	PRESCCHOOLERS	KIDS	ADULTS
FRUITS	<p>1/4-1/2 cup</p>	<p>1/2 cup</p>	<p>1 cup</p>
VEGETABLES	<p>1/4-1/2 cup</p>	<p>1/2-1 cup</p>	<p>1 cup</p>
GRAINS	<p>1/4 cup</p>	<p>1/2 cup</p>	<p>1/2 cup</p>
PROTEIN	<p>1 oz</p>	<p>2 oz</p>	<p>3 oz</p>
DAIRY	<p>8 oz</p>	<p>8 oz</p>	<p>8 oz</p>