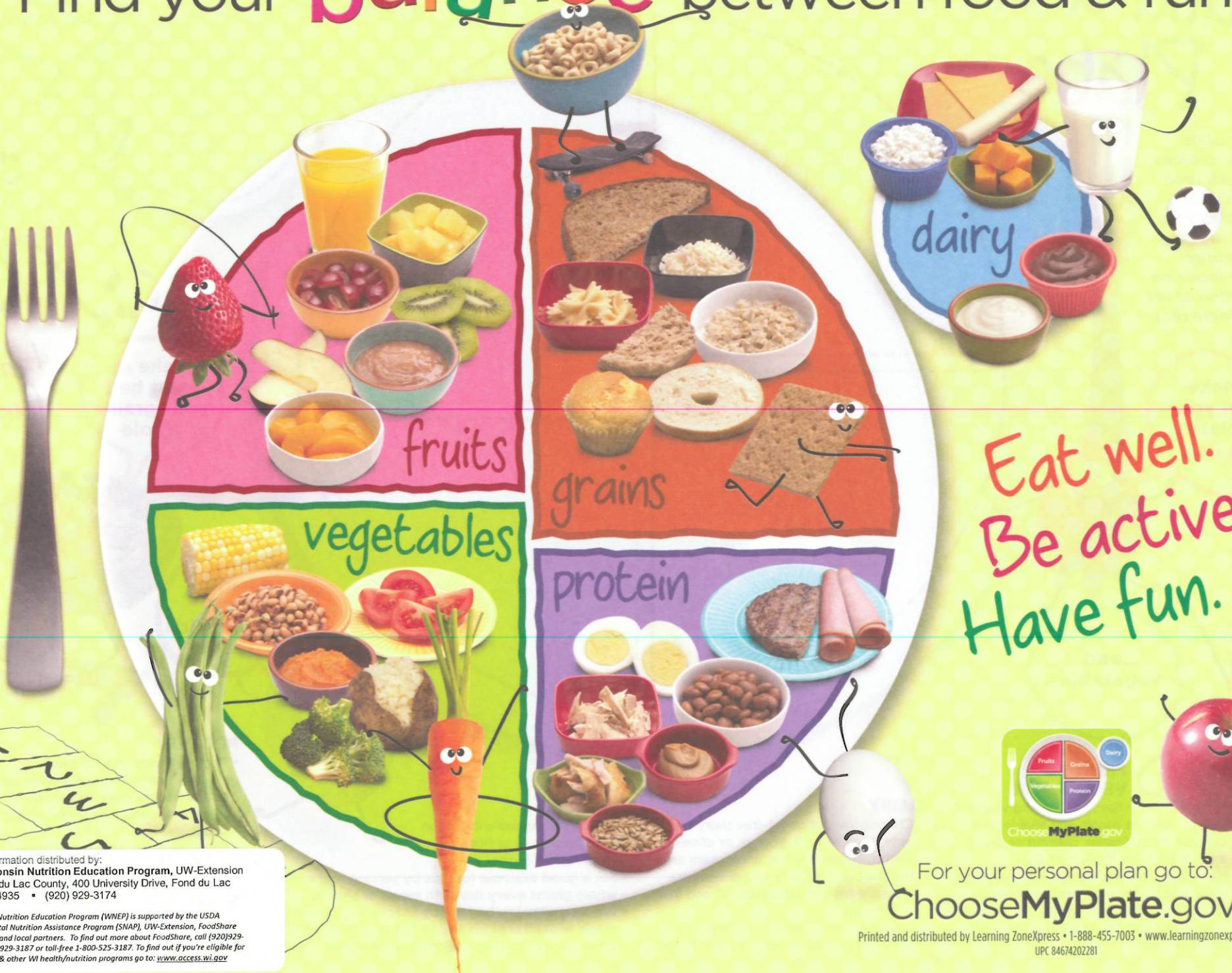


Find your **balance** between food & fun!



Eat well.
Be active.
Have fun.



For your personal plan go to:
ChooseMyPlate.gov

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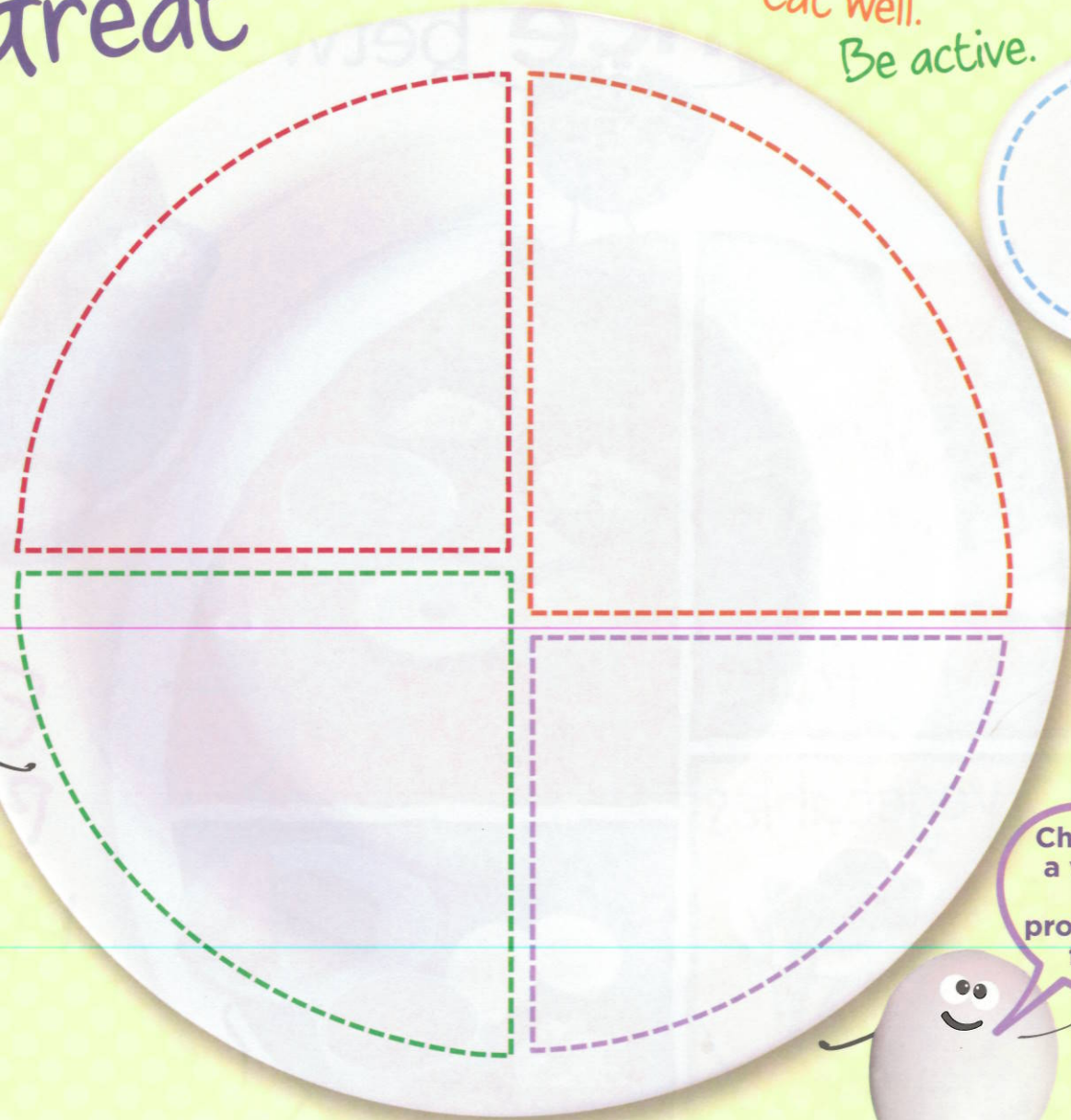
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Build a Great Plate

Eat well.
Be active.

A great plate includes choices from each food group. Make MyPlate all your own by drawing your favorite healthy foods on the section of the plate where they belong.



Get your calcium-rich foods



Make half your plate fruits...



...and vegetables.



FRUITS & VEGETABLES

- Serve fruits and vegetables at meals and snack time. Choose fresh, frozen, canned or dried, and go easy on 100% fruit juice.
- Make fruit and vegetables fun! Help kids make kabobs, salads, and smoothies.
- Kids love to dip their foods. Try flavored yogurt as a dip for fruits and hummus for vegetables.

DAIRY

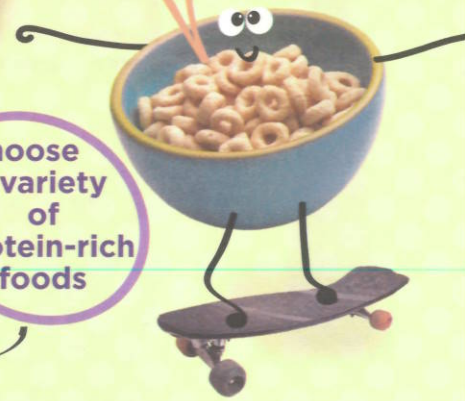
- Choose low-fat or fat-free dairy products, such as milk, yogurt, or cheese.
- Butter, cream cheese, and cream are not part of the dairy group because they are high in saturated fat and low in calcium.
- Low-fat cheese sticks and yogurt are easy to pack when kids are on the go.

GRAINS

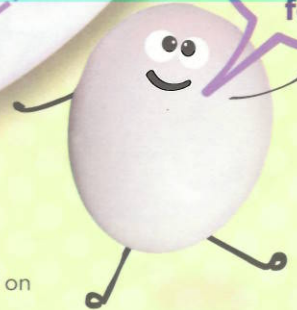
- Check the ingredients list on food packages to find whole-grain foods.
- Set a good example for kids by serving and eating whole grains every day with meals or snacks.
- Whole grains can be healthy snacks. Try popcorn made with little or no added salt or butter, 100% whole wheat crackers or dried whole-grain cereal.

Make at least half your grains whole

Have fun.



Choose a variety of protein-rich foods



PROTEIN

- Protein foods include meat, poultry, seafood, eggs, beans, peas, soy products, nuts and seeds.
- Keep meat and poultry portions small and lean.
- Bake, broil or grill protein foods instead of frying.

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