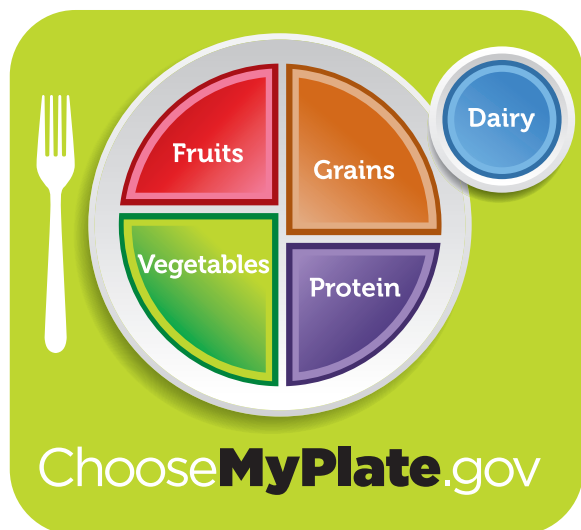


HEALTHY HABITS FOR HEALTHY EATERS

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MyPlate illustrates the five food groups that are the building blocks for a healthy diet, showing what a balanced meal looks like and what children should be eating throughout the day.

Fruits—Focus on **Fresh Fruits**— Fresh fruits have more nutrients than canned fruits and juices. **Limit children's daily juice intake to no more than 4 ounces (1/2 cup).**

Vegetables—Vary Your Children's Veggies—Different vegetables contain different nutrients.

Grains—Make Half Your Grains **Whole Grains**—Whole grains provide many nutrients your children's bodies needs for proper growth and energy maintenance.

Protein—Go Lean and Low with Protein—Serve your children beans, nuts, peanut butter, legumes, soy products, seafood (limit to two servings per week for young children), **lean** cuts of chicken, pork, beef and **low-sodium** lunch meats.

Dairy—Choose low-fat high-calcium foods- Switch to skim or 1% dairy products.

Daily Serving Suggestions

These goals are to help in meal planning and what children are offered throughout day. Some days children will eat more or less from a food group, but as long as they are getting at least this amount over a few days, their needs are being met.

| Food Group | Daily Servings | Adult Serving Size | Child Serving Size |
|------------------------|----------------|---|--|
| Fruit | 2 | 1 cup 6 oz. 100% juice ½ cup dried | ¼- ½ cup 4 oz. 100% juice ¼ cup dried |
| Vegetable | 3 | 1 cup raw ½ cup cooked 2 cups leafy | 1 cup raw ½ cup cooked 2 cups leafy |
| Grains | 6 | slice of bread ½ cup cooked 1 cup dry cereal | ½ slice bread ¼ cup cooked ½ cup dry cereal |
| Protein | 2 | 3 ounces meat ½ cup cook beans 2 eggs 2 tbsp. nut butter | 1 ounce meat ¼ cup cooked beans 1 egg 1tbsp. nut butter |
| Dairy (Calcium) | 3 | ¼ cup nuts 8 ounces 1 cheese slice/stick | 4-6 ounces ½ cheese slice/stick |

Healthy Eating Habits:

YOU are in control of WHAT, WHEN, and WHERE your child eats:

- **What:**
 - Follow MyPlate guidelines to know what & how much to offer daily
 - Serve proper portion sizes :
 - 1-3 years= One tablespoon per year of age
 - 4-8 years ¼-½ of an adult serving
 - 10-12+ = adult serving size
 - Start with minimum serving sizes

More Healthy Eating Habits:

- Too much on plate can overwhelm child and suppress appetite
- Add more of nutritious foods after first serving is eaten; let children know they may eat as much or as little of meal/snack as they want, and they will be able to eat again at the next meal or snack (not in-between).
- Don't cater but choose food wisely; always offer at least one nutritious food you know your children will eat with the meal/snack (bread, noodles, fruits, vegetables)
- Don't cut **all** "junk food" out of diet
 - It's okay to offer chips, cookies, etc. sometimes. A well balanced diet allows for an occasional empty calorie food.
 - Do not put conditions on dessert, if you are going to offer it, offer it to everyone in appropriate serving sizes, regardless of how much other food they eat.

● When:

- 3 meals, 2-3 snacks offered daily:
 - Breakfast, AM snack, Lunch, PM snack, Dinner, (optional) light snack before bed
 - Meal=3 different food groups
 - Snack=2 different food groups
- Offer food at consistent times so children know they will have opportunities to eat throughout the day. If a healthy child doesn't eat much at a meal or a snack, don't worry, they will eat more at the next one.
- Preschoolers should eat every 2-3 hours & children every 3-4 hours

● Where:

- Eat at the table with no distractions (TV, toys, phones, etc...)
- Allow enough time for children to eat at their own pace

YOUR CHILD is in control of *how much* he/she eats:

- **Never FORCE a child to eat**
 - Encourage trying a bite, tasting, etc... but if your child doesn't want it, don't MAKE them eat.
 - Respect your child's likes and dislikes. If they reject it today...offer it again in a week. You may have to offer foods 10-20 times before your child tries it.

Set a good example. Children like to eat the foods you are eating.

Teach your children the healthy habits below:

10 Healthy Eating Habits to teach your children:

1. Wash your hands before you eat.
2. The healthier we eat, the better we feel.
3. Eating a healthy breakfast is the best way to start the day.
4. It is okay to eat as much or as little as you want at a meal/snack. Take what you think you will REALLY eat, and you can always have more if you are still hungry after that.
5. You can eat again at the next meal/snack, but not in-between.
6. Don't eat if you are full.
7. It's good to try new things, you might like it.
8. It's okay to have "junk" foods **SOMETIMES**. They may taste good but aren't good for our bodies. If we have them all the time, our bodies won't work or feel very well.
9. Help out! Set the table, help make meals/snacks, clean up after yourself.
10. Be polite! If you don't like something, just say "no thank you."

Citations

Satter, Ellyn/Child of Mine: Feeding with Love and Good Sense/ Bull Publishing Co./Bolder, Co/ 2000

U.S. Department of Agriculture and U.S. Department of Health and Human. Services. Dietary Guidelines for Americans, 2010. 7th Edition.

www.ChooseMyPlate.gov



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