

Build a Healthy Plate

Before you eat, think about what goes on your plate or in your cup or bowl. Foods like vegetables, fruits, whole grains, low-fat dairy products, and lean protein foods contain the nutrients you need without too many calories. Try some of these options.

Eat the Right Amount of Calories for You:

- Enjoy your food, but eat less.
- Avoid oversized portions.
- Use a smaller plate, bowl, & glass
- Stop eating when you are satisfied, not full
- When eating out, choose lower calorie menu item.
- Order a smaller portion or share when eating out.

Foods to Increase:

- Make half your plate fruits and vegetables.
- Make at least half your grains whole grains.
- Switch to fat-free or low-fat (1%) milk.
- Drink water instead of sugary drinks. (There are about 10 packets of sugar in a 12 oz. can of soda.)
- Choose 100% fruit juice instead of fruit-flavored drinks, & limit to 1/2 cup per day.
- Add spices & herbs to season foods without adding salt.



INCREASE PHYSICAL ACTIVITY

- Children need 60 minutes of play with moderate to vigorous activity every day, but it doesn't have to be all at once. It adds up!
- Give children toys that encourage physical activity like balls, kites, and jump ropes.
- Encourage children to join a sports team or try a new physical activity.
- Limit TV time and keep the TV out of a child's bedroom.
- Facilitate a safe walk to and from school several times a week.
- Take the stairs instead of the elevator.
- Walk around the block after a meal.
- Make a new house rule: No sitting during TV commercials.
- Find time to spend together doing a fun activity: Family park day or bike day.

