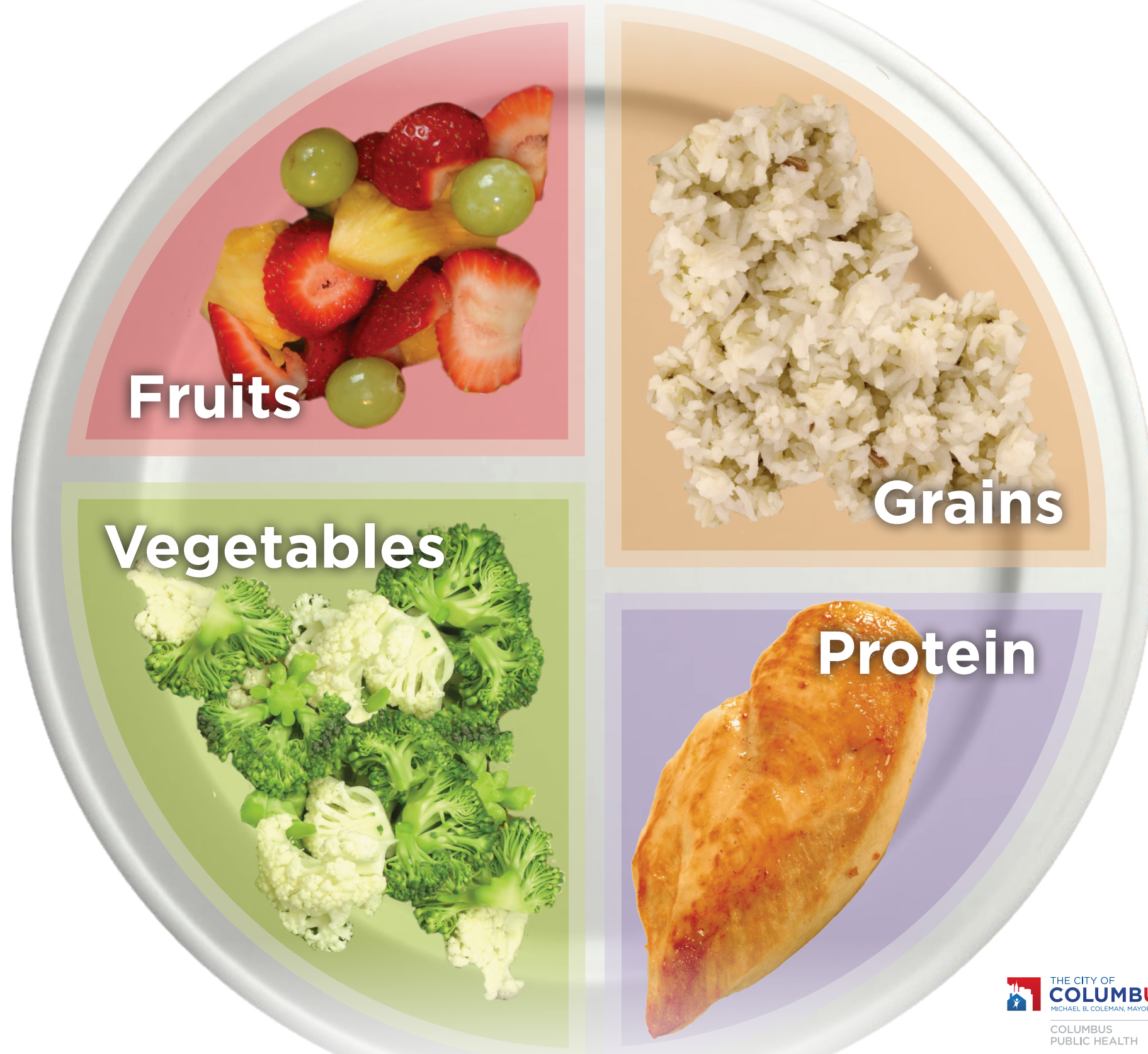
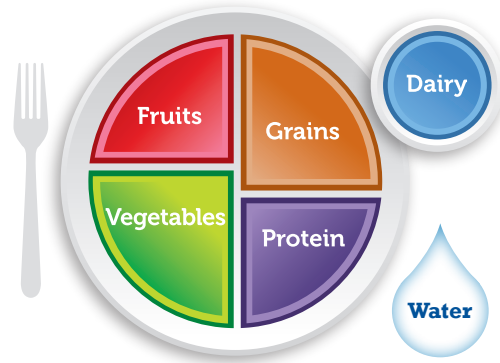
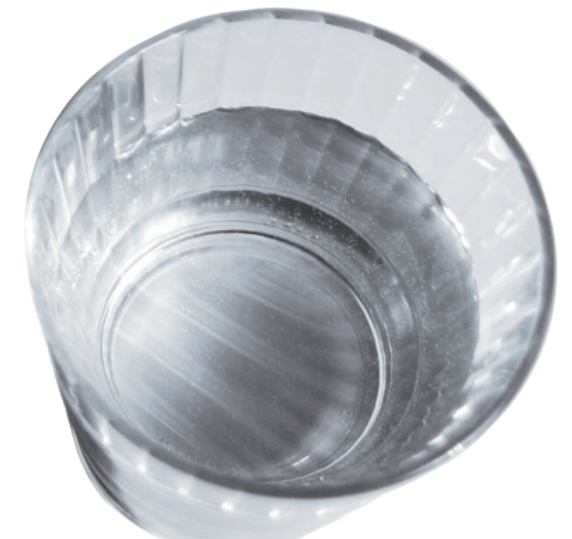


Make Each Plate a Healthy Plate



Dairy



Water

Measure The Right Amount Of Food With Your Hands!

Note to adults preparing meals for children: Use your child's hand to measure portion sizes.



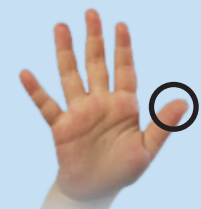
PALM OF HAND
Amount of lean meat



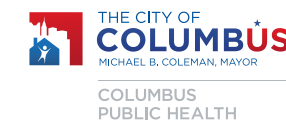
A FIST
Amount of rice, cooked pasta or cereal



A THUMB
Amount of cheese



THUMB TIP
Amount of peanut butter



Choose Healthy Foods



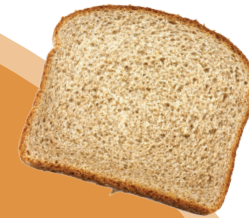
Fruits

Eat whole fruit instead of drinking juice.



Vegetables

Eat more red, orange and dark green vegetables like tomatoes, sweet potatoes and broccoli.



Grains

Eat more **whole** grains:

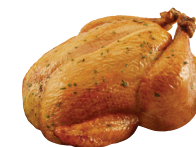
- Whole grain cereals
- Whole wheat bread
- Barley
- Wild rice
- Quinoa
- Oats



Protein

Choose lean protein:

- Nuts & nut butters
- Chicken
- Fish
- Soy foods
- Lentils
- Beans



Water

Water First for Thirst! Drink water instead of sugary drinks like soda pop, sports drinks and fruit drinks.



Foods to Eat Less Often:



Dairy

Have a cup of fat-free or low-fat dairy foods with each meal.

