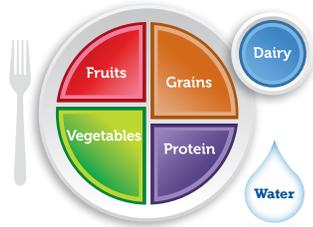


Make Each Plate a Healthy Plate



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



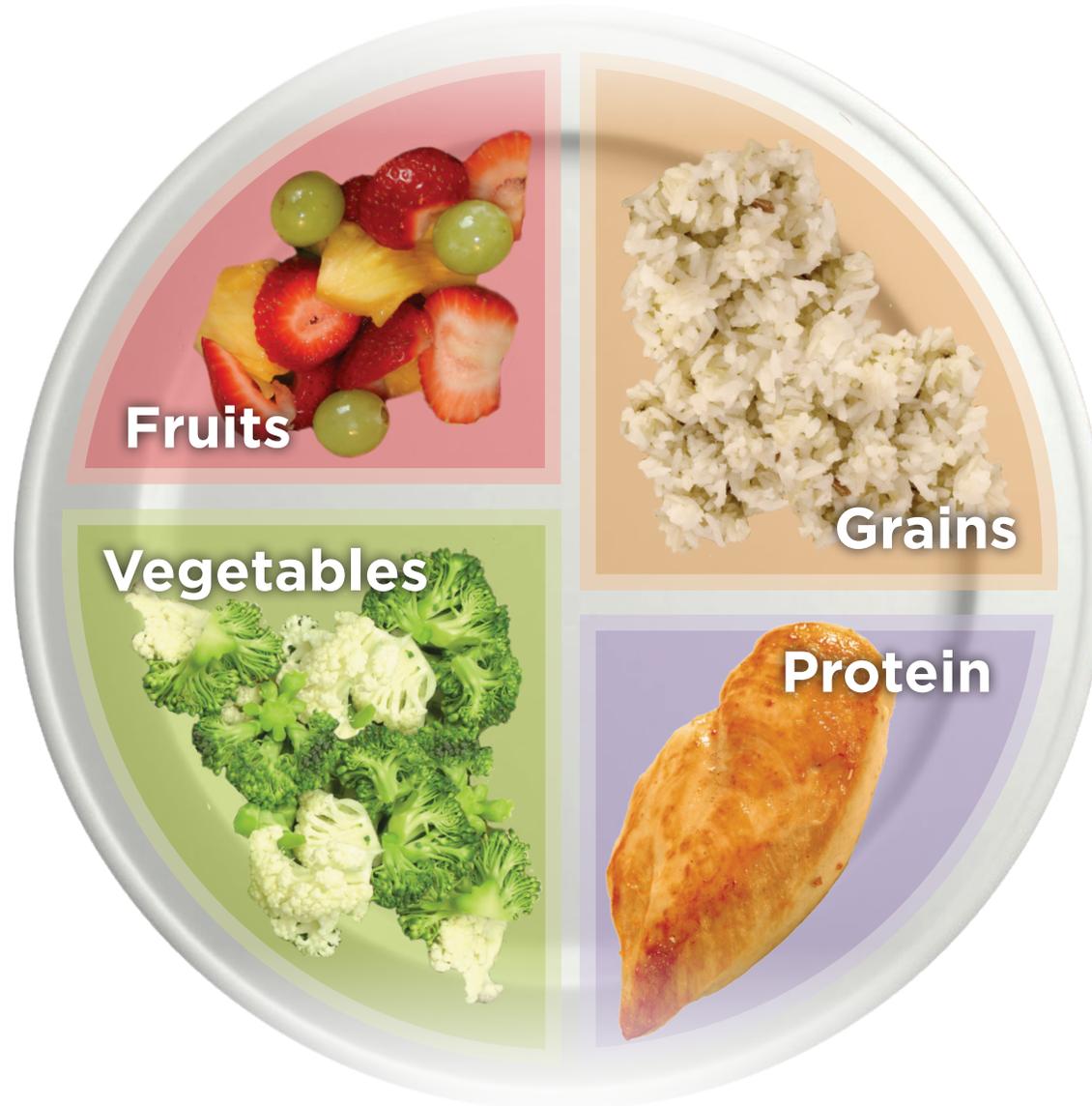
A FIST
Amount of rice, cooked pasta or cereal



A THUMB
Amount of cheese



THUMB TIP
Amount of peanut butter



Dairy



Water

Developed by Columbus Public Health's Healthy Children, Healthy Weights Program; Photograph source @www.fotosearch.com; Adapted from USDA's Choose My Plate campaign - www.choosemyplate.gov; and New York City Department of Health and Mental Hygiene; 1/2016



Choose Healthy Foods



Fruits

Eat whole fruit instead of drinking juice.



Grains

Eat more **whole** grains:

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



Vegetables

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



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.



Dairy

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



Foods to Eat Less Often:

