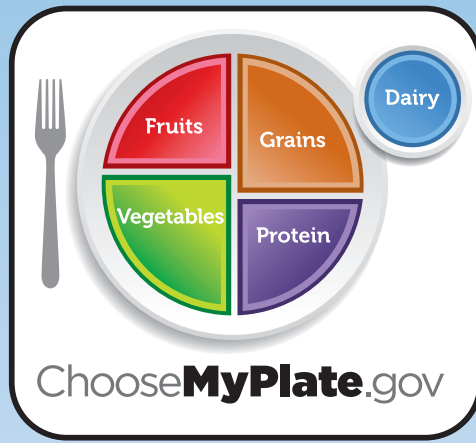


## ***“MyPlate at Home”* Handout (English)**

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Research undertaken to inform the development of nutrition education materials  
for the **U.S. Department of Agriculture Food and Nutrition Service**



# MyPlate at Home

Use MyPlate to Help Your Child Learn  
to Make Healthy Food Choices



Find recipes and more on the Team Nutrition website:  
[teamnutrition.usda.gov](http://teamnutrition.usda.gov)

# MyPlate at Home

## Tips for Families with School-aged Children

### Encourage your kids to make half their plate fruits and vegetables.

- Want your kids to reach for a healthy snack? Make sure fruits and veggies are visible and in reach.
- Let your kids be “produce pickers.” Help them pick fruits and veggies at the store or farmers market.
- Eating out? Ask for a side of vegetables or a salad.



### Offer your school-age kids fat-free or low-fat (1%) milk and yogurt at meals and snacks.

- Milk matters. Children of every age, and adults too, need the calcium, protein and vitamin D found in milk for strong bones, teeth and muscles.
- If you are lactose intolerant, try lactose-free or lactose-reduced milk or calcium-fortified soy beverages.

### Give yourself and those you love the goodness of whole grains.

- Help your kids get their day off to a healthy start by starting each day the whole-grain way. Serve whole-grain versions of cereal, bread, or pancakes at breakfast.
- Whole grains give your kids B vitamins, minerals and fiber to help them feel full longer so they stay alert to concentrate at school.
- Make at least half of the grains you and your family eat whole grains – such as bread and tortillas, pasta, and cereals. Choose foods with “100% whole wheat” or “100% whole grains” on the label.

### Drink water instead of sugary drinks.

- Kids can fill up on these sweetened drinks and not have an appetite for foods they need for growth and health.
- There are about 10 packets of sugar in a 12-ounce can of soda. Fruit drinks and sports drinks are other types of sugary drinks.
- Instead, choose water most of the time or 100% juice some of the time.

### Make family time an active time.

- Children need at least 60 minutes of moderate to vigorous physical activity each day.
- Plan a family park day or an active outing once a week. Take a brisk walk around the neighborhood, visit the park, bike, play a game or sport together.

### Ways my family can build a healthier plate:

- Eat a dark-green, red or orange vegetable at dinner.
- Switch to a whole grain cereal at breakfast.
- Drink fat-free or low-fat (1%) milk at meals.
- Include beans or peas at dinner at least once a week.
- Drink water, milk, or 100% juice instead of soda or other sweet drinks when we are thirsty.



**USDA** Visit [teamnutrition.usda.gov](http://teamnutrition.usda.gov)  
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