

HEALTHY PLATE AT HOME



Dear Parents,

At school, your child explores how to make healthy food choices and be physically active, while also building skills in Math, Science, and English Language Arts. Our goal is to help support your efforts at home to help your child develop healthy eating habits. This booklet from the Seafood Nutrition Partnership offers some fun and easy tips for building healthier family meals that include the five food groups. This is a great opportunity to talk with your child about nutrition, try new foods together, and get your child involved in making healthier meals and snacks.

Enjoy!



THIS WEEK MY FAMILY WILL TRY TO:

- ☐ 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 seafood into meals at least twice a week.
- ☐ Eat beans or peas at dinner at least once.
- ☐ Drink water instead of soda or other sweet drinks.
- ☐ Enjoy fruit for dessert.

Adapted from USDA MyPlate | www.choosemyplate.gov

WHAT SHOULD BE ON MY PLATE?



HEALTHY PLATE SIMPLY PREPARED

Make half your grains **whole grains**.

Make sure to strengthen your body and your bones. Offer **fat-free or low-fat milk** at meals.



Vary the colors (dark-green, red, and orange) of your **fruits and vegetables** and explore different textures.

Vary your protein food. Include **seafood** in meals at least twice a week. **Beans and peas** are a great options for protein as well.

Family NUTRITION TIPS

PROTEIN PROVIDES POWER — MAKE SELECTIONS THAT ARE HEALTHY AND AFFORDABLE

- **Fresh, frozen, and canned seafood** are all excellent choices. Look for sales and plan your selections for the next shopping trip.
- Consider **nuts and beans** as protein sources.
- Always choose **lean meats** that will provide healthy fuel for you and your family.

MAKE HALF YOUR PLATE FRUITS AND VEGETABLES

- Consider choosing a variety of **fresh, frozen, and canned fruits and vegetable**. Look for sales and buy some of each to last until your next shopping trip.
- Choose frozen vegetables that do not have added fat, salt, or sugars.
- Buy canned fruits packed in “**100% juice**” or water.
- Look for canned vegetables that say “**No added salt.**”

START EVERY DAY THE WHOLE-GRAIN WAY

- Serve **whole-grain versions of cereal, bread, or pancakes** at breakfast.
- Whole grains with more fiber will help your kids feel fuller longer so they stay alert in school.
- Choose foods with “**100% whole wheat**” or “**100% whole grains**” on the label. Or check the ingredient list to see if the word “whole” is before the first ingredient listed (for example, whole-wheat flour). If it is, it's whole grain.

MILK MATTERS TOO

- Children of every age, and adults too, need the **calcium, protein, and vitamin D** found in milk for strong bones, teeth, and muscles.

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MAKE FAMILY TIME *Active Time!*

OUTDOOR ACTIVITIES

- Take a **family walk** after dinner.
- Go on a **bike ride**.
- **Play together** — toss a ball, jump rope, or play tag.
- Work in the **garden together**.
- Take a walk to a **local playground** for some fun time.

FUN INDOOR ACTIVITIES

- Play some music and have a **family dance party**.
- Have a **treasure hunt**. See how fast everyone can find clues scattered around your home.
- Walk in the mall.

CHOOSE HEALTHY BEVERAGES

- **Drink water instead of sugary drinks.** Kids can fill up on sweetened drinks and not have an appetite for foods they need for growth and health.
- A cold glass of **low-fat (1%) milk** is also a tasty way to quench your kids' thirst after play or school.

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