

READY FOR THIS WEEK'S NUTRITION LESSON?

With learning taking place at home, here is a new lesson to teach to your kids. MyPlate is an easy and fun way of making sure you are getting all the important nutrients in each meal. The following photo illustrates just that.

Fruits/Vegetables:

Aim for half your plate as fruit and vegetables. Aiming for all of the colors of the rainbow can make sure you are getting all the essential vitamins and minerals to stay healthy. See last week's handout for more reference.

Grains:

Aim for one quarter of your plate as grains. Grains can include pasta, cereals, rice, bread as well as starchy vegetables like peas, corn and potatoes. Grains are important energy for our brain and muscles. Opting for whole grains adds extra vitamins, minerals and fiber!

Protein:

Aim for one quarter of your plate as protein. Protein sources can come from animal sources (beef, chicken, poultry, fish, egg, dairy) or plant sources (tofu, beans, seeds, nuts). Protein is important for keeping our muscles and bones strong!

Fats:

Fats are an important part of our diet. They can come in solid forms (butter, coconut oil, nut butters) or liquid forms (olive oil, canola oil). Fats can add flavor to our favorite foods, but it's important we look at where the fat sources are coming from.

Fluids:

Fluids can come from our beverages and some foods. Our body is predominantly water and it's important to stay hydrated. Limit intake of beverages sweetened with sugar or carbonation to reduce your risk for cavities.

Print the completed MyPlate and the blank version. Make your favorite family recipe and have your children fill in the blank version. When you are done post it and tag us on Facebook or Instagram.



@bhs.uptown.downtown



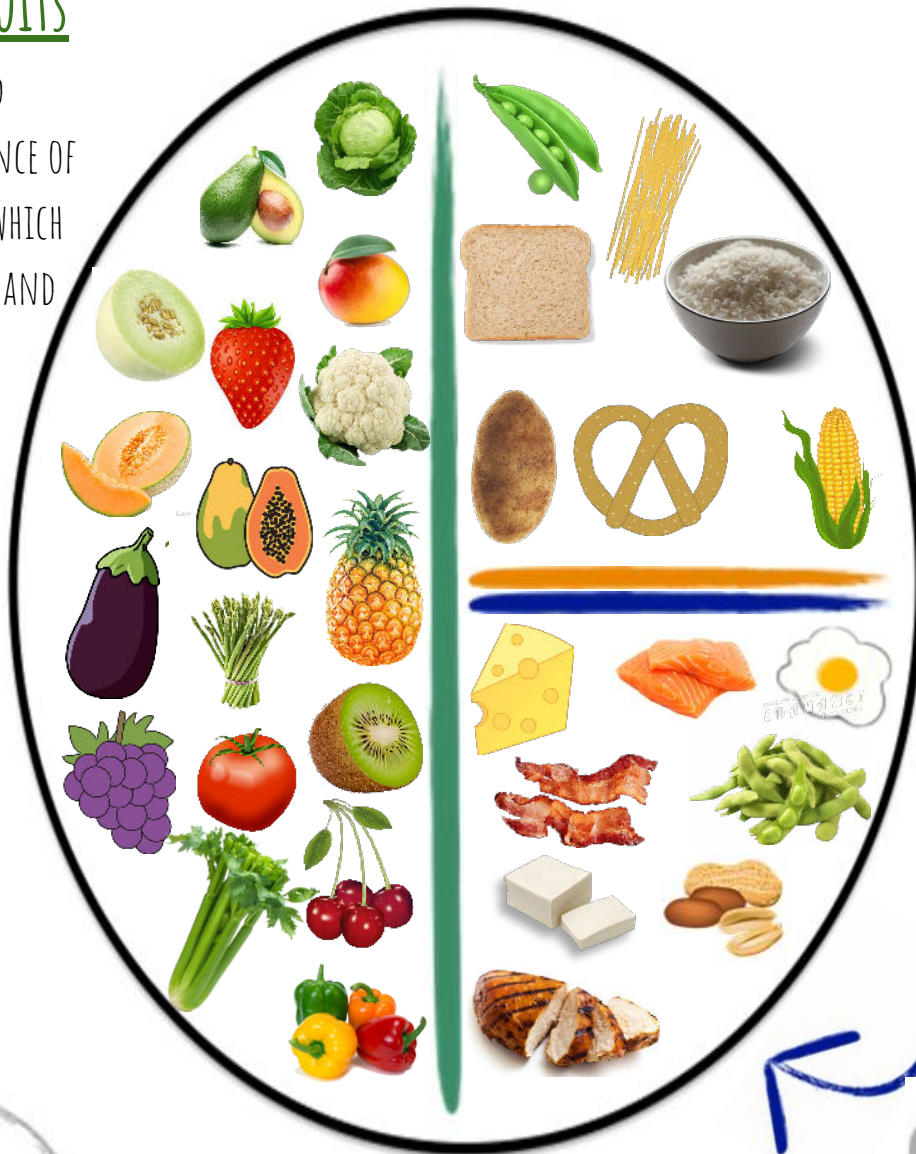
Bright Healthy Smiles

MYPLATE

HOW TO EAT HEALTHIER ONE PLATE AT A TIME

VEGETABLES/FRUITS

HIGH IN VITAMINS AND MINERALS = LOWER CHANCE OF GETTING SICK + FIBER WHICH KEEPS YOU FEELING FULL AND REGULAR!



GRAINS/STARCHY

VEGETABLES

MAKE $\frac{1}{2}$ YOUR GRAINS WHOLE GRAINS FOR EXTRA FIBER AND VITAMINS/MINERALS, WHILE PROVIDING YOUR BRAIN WITH FUEL!



PROTEIN

BE A LEAN MEAN PROTEIN MACHINE WITH STRONG MUSCLES AND BONES!



FATS

AVOCADO
OLIVE OIL
PEANUT/ALMOND BUTTER

LIMIT

PROCESSED SNACKS
BUTTER
BAKED GOODS



FLUIDS

WATER
MILK
UNFLAVORED SELTZER

LIMIT

JUICE
SODA
SPORT DRINK



DATE: _____

_____'S PLATE

HOW TO EAT HEALTHIER ONE PLATE AT A TIME

