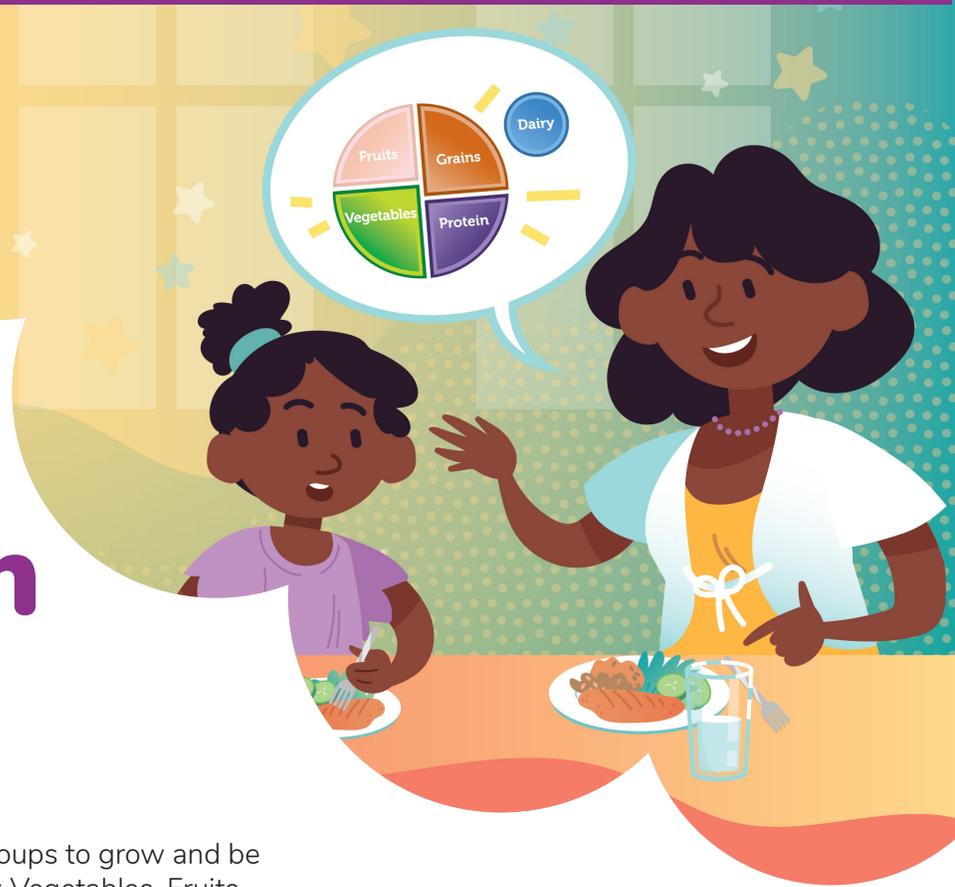




Healthy Meals with MyPlate



Preschoolers need foods from all five food groups to grow and be healthy. The five food groups on MyPlate are: Vegetables, Fruits, Grains, Protein Foods, and Dairy.

Planning meals and snacks that include foods and drinks from all of the food groups is important. This helps your child get the nutrients he or she needs for good health. Offer your child foods and drinks with fewer added sugars, sodium, and saturated fats.

Help Your Child Learn About MyPlate

At child care, we use MyPlate to help children learn about healthy eating. Here are some easy and fun ways you can teach about MyPlate at home:

- Find free MyPlate activities at <https://teamnutrition.usda.gov>.
- Be a healthy role model. Show your child how you fill half your plate with fruits and vegetables.
- At meal time, talk with your child about the foods you are eating. Name the MyPlate food groups represented on your plate.

Help Your Child Enjoy Foods from the Five MyPlate Food Groups

Fruits

Offer a variety of fruits such as apples, berries, and peaches.

Vegetables

Help your child discover a variety of vegetables. Introduce him or her to dark-green, red, and orange vegetables, beans and peas, and other vegetables.

Grains

Make at least half of your child's grains whole grains. Choose a variety of whole-grain foods, such as whole-wheat bread, oatmeal, whole grain tortillas, and brown rice.

Protein Foods

Serve a variety of protein foods during the week, including seafood, beans, and peas. Some tasty ways to include these proteins include: hummus, bean soup, fish tacos, or salmon patties.

Dairy

Offer low-fat dairy foods such as milk, yogurt, and cheese at meals or snacks.

Serve foods in appropriate sizes, shapes, and textures to reduce the risk of choking. Supervise your child during meals and snacks.

MyPlate Coloring Activity

Talk to your child about the five MyPlate food groups. Then, have your child color the MyPlate below.

