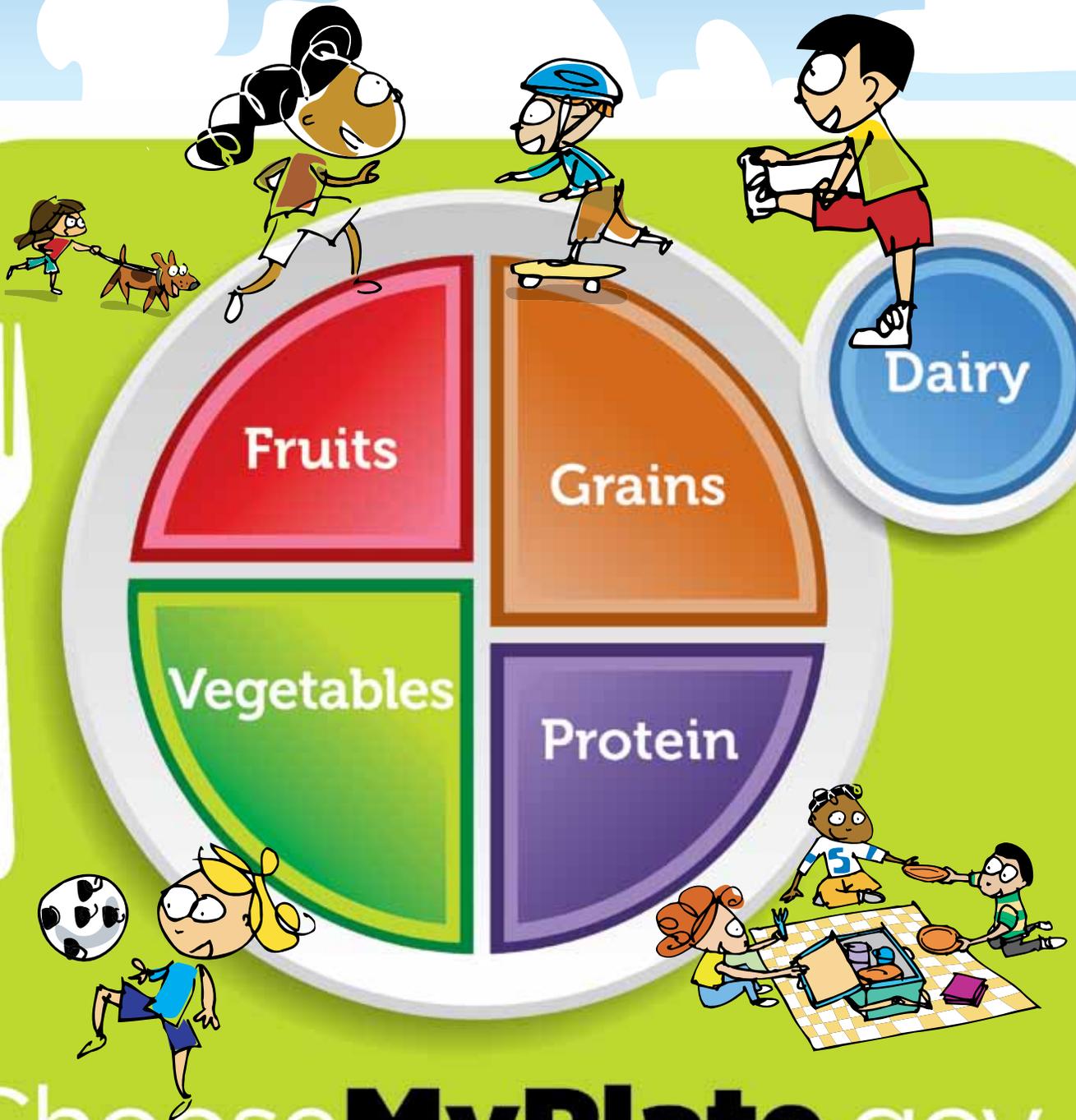




MyPlate



Eat Right. Exercise. Have Fun.



Choose **MyPlate**.gov

MyPlate



Eat Right. Exercise. Have Fun.

www.choosemyplate.gov



Grains Make half your grains whole	Vegetables Vary your veggies	Fruits Focus on fruits	Dairy Get your calcium-rich foods	Protein Go lean with protein
<p>Start smart with breakfast. Look for whole-grain cereals.</p> <p>Just because bread is brown doesn't mean it's whole-grain. Search the ingredients list to make sure the first word is 'whole' (like 'whole wheat').</p> <p>At least half your grains should be whole.</p>	<p>Color your plate with all kinds of great-tasting veggies.</p> <p>What's green and orange and tastes good? Veggies!</p> <p>Go dark green with broccoli and spinach, or try orange ones like carrots and sweet potatoes.</p> 	<p>Fruits are nature's treats - sweet and delicious.</p> <p>Go easy on juice and make sure it's 100%.</p>	<p>Move to the dairy group to get your calcium. Calcium builds strong bones.</p> <p>Look at the carton or container to make sure your milk, yogurt, or cheese is lowfat or fat-free.</p> 	<p>Eat lean or lowfat meat, chicken, turkey and fish. Ask for it baked, broiled, or grilled - not fried.</p> <p>It's nutty, but true. Nuts, seeds, peas, and beans are all great sources of protein, too.</p> 

Kids ages 2 - 5 need the amounts below from each food group. To find the amounts that are right for your child, go to ChooseMyPlate.gov

Eat 3 - 5 oz. every day	Eat 1 - 2 cups every day	Eat 1 - 1½ cups every day	Eat 2 cups every day	Eat 2 - 5 oz. every day
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Kids ages 6 - 11 need the amounts below from each food group. To find the amounts that are right for your child, go to ChooseMyPlate.gov

Eat 5 - 6 oz. every day	Eat 2 - 2½ cups every day	Eat 1½ - 2 cups every day	Eat 2 - 3 cups every day	Eat 4 - 5½ oz. every day
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Find your balance between food and fun

- Move more. Aim for at least 60 minutes everyday, or most days.
- Walk, dance, bike, rollerblade - it all counts. How great is that!



Fats and sugars - know your limits

- Check the Nutrition Facts label to keep saturated fats, trans fats, and sodium low.
- Limit solid fats as well as foods that contain them.
- Choose food and beverages low in added sugars and other caloric sweeteners.




WIC Nutrition Program • 1-800-WIC-1007
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