

## Today your child learned about the *Vegetables Group*.



- ◆ Vegetables contain nutrients that keep us healthy. Different colored veggies have different nutrients. Eat veggies of all colors.
- ◆ Canned, frozen, or fresh... all veggies help keep children healthy.
- ◆ Feed your children meals and snacks with as many veggies as you can. Serve cut up veggies with low fat dressing or peanut butter for a healthy snack.

**Today at school our child said he or she would eat a vegetable. Ask which one!**

### Some great vegetables for your children are:

- ◆ Broccoli
- ◆ Spinach and Collards
- ◆ Eggplant
- ◆ Squash
- ◆ Peas
- ◆ Sweet Potatoes
- ◆ Peppers
- ◆ Carrots
- ◆ Cauliflower
- ◆ Mushrooms

You can get more veggies into breakfast by making omelets, serving baby carrots along with cereals or even eating veggie pizzas!



The green section on MyPlate is the Vegetables Group. Try to make your plate and your kid's plate look like this one for every meal.



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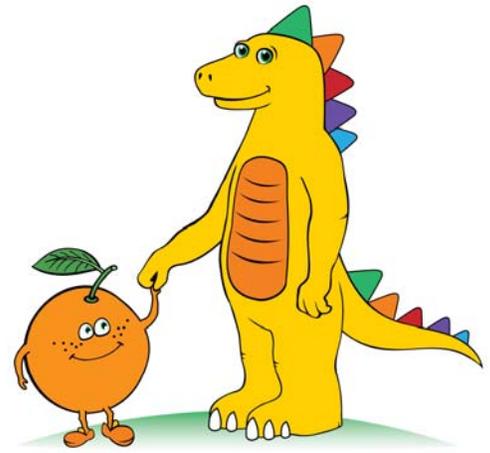
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## Today your child learned about the *Fruits Group*.

- ◆ Fruits have nutrients that keep us healthy.
- ◆ Choose fresh or frozen fruit instead of juice. Fresh fruit is lower in sugar and higher in fiber.
- ◆ 1 to 6 year old children who do drink juice should drink no more than  $\frac{3}{4}$  cup each day. Older children should have no more than  $1\frac{1}{2}$  cups per day.



**Today at school your child said he or she would eat a fruit today. Ask which one!**

### Some tips for eating fruits are:

- Offer raisins or other dried fruits instead of candy but not too many. A cup of dried fruit contains over 400 calories! In small amounts they are very good for you.
- Choose fruit like sliced apples, a mixed fruit cup or 100% fruit juice with fast food meals.
- Buy fruit canned in 100% fruit juice or water rather than syrup.
- Choose potassium rich fruits like banana, cantaloupe, honeydew and mango.
- Offer kids fruits as snacks between meals.
- Carry fruit with you for kids to snack on when you are away from home.

The red section on MyPlate is the Fruits Group. Try to make your plate and your kid's plate look like this one for every meal.



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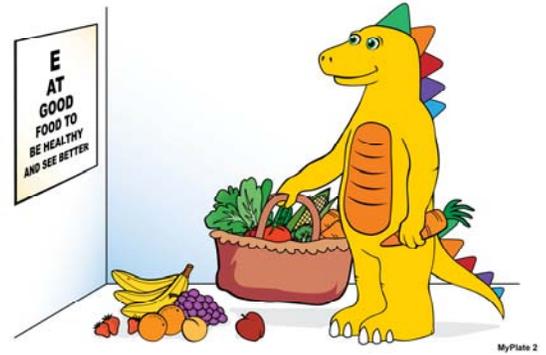
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Today your child learned more about the *Vegetables and Fruits Groups*.

Eat vegetables and fruits of many colors. More colors equal more nutrients!



**Today at school your child said he or she would eat a vegetable and a fruit. Ask which ones!**

**Use these tips to help your child stay healthy:**

- ◆ Fill half of each plate with veggies and fruits.
- ◆ Shop with your children and ask them to help you pick out veggies and fruits of many colors that they like to eat.
- ◆ Make healthy snacks!
  - Add some chopped fruits into gelatin desserts.
  - Serve applesauce, fruit or veggies with a yogurt dip. You can make a yogurt dip by putting a half packet of onion soup mix into a container of low-fat yogurt. Shake up the onion soup packet before adding half of it to the yogurt.
  - Make “ants on a log.” Spread peanut butter or low-fat cream cheese in celery sticks or on carrots. Then put raisins on top.

Get creative and make it fun to eat veggies and fruits!

The green section on MyPlate is the Vegetables Group and the red section on MyPlate is the Fruits Group. Try to make your plate and your kid’s plate look like this one for every meal.



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Today your child learned about:

## *The Dairy Group.*

- ◆ Foods in this group have calcium. Calcium helps build strong and healthy bones and teeth.
- ◆ Children should have 3 servings from this group each day.
- ◆ When buying calcium rich foods, look for foods with calcium and vitamin D. Vitamin D helps your body use calcium.



**Today at school your child said he or she would eat a food from the Dairy Group. Ask which one!**

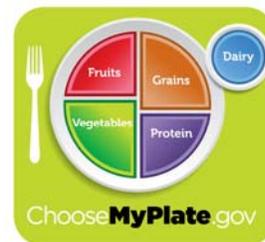
### **Some calcium rich foods in the Dairy Group are:**

- ◆ Milk
- ◆ Cheese
- ◆ Yogurt
- ◆ Cottage cheese
- ◆ Pudding
- ◆ Queso Blanco

### **Some other calcium rich foods are:**

- ◆ Calcium fortified orange juice (contains Vitamin D)
- ◆ Calcium fortified cereals (contains Vitamin D)
- ◆ Sardines with bones in them
- ◆ Collard greens

The Dairy Group is the blue circle on MyPlate. Try to make your plate and your kid's plate look like this one for every meal.



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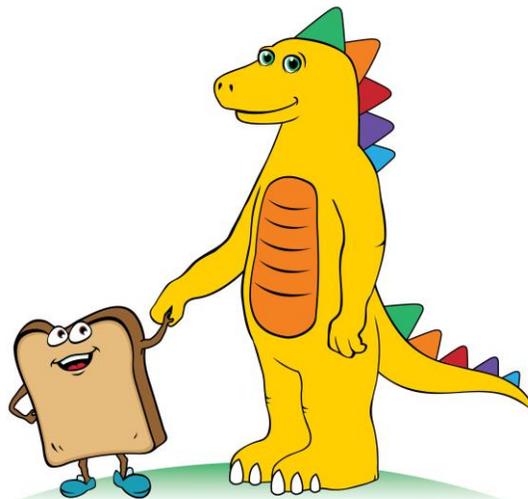
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Today your child learned about the *Grains Group*.

- ◆ Grain foods are energy foods.
- ◆ Some foods in this group are made from whole grains. Half the grain foods you eat should be whole grain foods.
- ◆ Whole grains are great for you because they have fiber in them. Fiber keeps you regular.
- ◆ Don't be fooled! Only breads or pasta that say the word 'whole' before wheat on the front of the package or near the top of the ingredients list are whole grain foods.

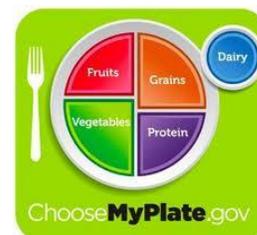


**Today at school your child said he or she would eat a grain food. Ask which one!**

**Serve your child whole grain foods like:**

- ◆ Brown rice
- ◆ Oatmeal
- ◆ Popcorn
- ◆ Whole wheat pasta
- ◆ Grits
- ◆ Whole grain cereal like Cheerios®
- ◆ Corn tortillas

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Today your child learned about the ***Protein Group***.

- ◆ Protein foods help your kids grow and develop.
- ◆ Foods from this group contain lots of protein.
- ◆ Protein foods also help kids from being anemic.



**At school today your child said he or she would eat a food from the Protein Group. Ask which one!**

**Tips for eating healthy foods from this food group:**

- ◆ Choose lean cuts of meat like round steaks, roasts, pork loin and 90% lean meat and poultry.
- ◆ Grill meats instead of frying them in oil or fat.
- ◆ Make dishes from boiled chicken to eat less calories and fat.
- ◆ Choose fish high in healthy omega-3 fats like albacore tuna, salmon, trout and herring.
- ◆ Make lunch with lean turkey, roast beef, ham, or low-fat luncheon meats instead of bologna or salami.
- ◆ Make beans or peas a main dish or part of a meal often.
- ◆ Snack on walnuts, almonds, peanuts and sunflower seeds...just a handful. Nuts have a lot of calories.

The Protein Group is the purple section on MyPlate. Try to make your plate and your kid's plate look like this one for every meal.



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Today your child learned about *physical activity* and *exercise*.

How can you and your child:

- ◆ manage weight
- ◆ reduce stress
- ◆ sleep better
- ◆ control blood pressure
- ◆ keep bones and joints healthy
- ◆ lower risk for heart disease, cancer, and type 2 diabetes
- ◆ make muscles strong



Get Active!!!

**Today at school your child said he or she would do an exercise to be active. Ask which one!**

**How much activity do you and your child need?**

- ◆ Adults should exercise for at least 30 minutes a day every day.
- ◆ Your children and your teens should exercise for 60 minutes or more each day to be healthy.
- ◆ Make sure your activity is done fast or that it is a bit hard to do. It should be hard to chat or sing while you are doing it.



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