

MyPlate Portions



MyPlate helps us eat a balanced diet so we have the energy and nutrients to grow and do the activities we love!

During our classroom discussion, some children noted that sometimes they might not get enough of a food group at a particular meal. Maybe they don't eat vegetables at breakfast. We discussed how eating vegetables as a snack could make up for it.

Portions are key for a well balanced diet.

Here are some ideas for balanced meals for kids:

- **Breakfast** - A bowl of whole grain cereal, a handful of sliced bananas, a few chopped nuts, milk and a small glass of milk
- **Lunch** - A piece of fruit and a sandwich on two slices of whole grain bread, one slice of cheese, lettuce, tomato, cucumber and turkey.
- **Snack or breakfast** – Peanut, almond or sunflower butter on whole wheat bagels with apples, carrots and/or celery for dipping in the extra nut butter



Encourage Healthy Eating.

- **Ask your kids what their plates looked like that day.** Did they get all their food groups? Do they need more of a particular food group for snack or dinner to balance out their plate?
- **Children need to try something 10 to 20 times before their taste buds can really decide if they like it!** Show them your taste buds; they will love you sticking your tongue out at them.
- **Take them shopping and encourage them to cook with you!** Children are more likely to eat vegetables and other foods if they picked them out and helped prepare them.



Here's a yummy breakfast idea, especially for the cold mornings coming soon:

Strawberry Banana Breakfast Split

- 1-1/2 cups steel cut oats
- 3 cups water
- 2 bananas
- 1lb frozen strawberries (thawed)
- 2 cups low-fat vanilla yogurt



Cook steel cut oats in water as directed on package. While oats are cooking, place thawed strawberries in a bowl and mash with a spoon until it is the consistency of thick sauce. When oats are done, place oats in a mixing bowl. Add yogurt, sliced bananas and stir.