

MyPlate

A Balanced Diet for a Balanced Body



This month, we reinforced the concept of MyPlate, which can help your child to organize a balanced meal or snack with the five food groups.

Here are healthy eating tips from MyPlate:

- **Make half of your plate fruits and vegetables** to get the vitamins, minerals, and phytochemicals that promote healthy bodies and minds.
- **Add lean protein**, such as lean beef, lean pork, chicken, turkey, beans, or tofu, and try seafood at least twice per week.
- **Include whole grains-- at least half of your grains** by looking for the words “100% whole grain” (or “100% whole wheat”) on food labels. Whole grains have more vitamins, minerals and fiber than refined grains.
- **Don’t forget the dairy**-- include high calcium foods or dairy with or between meals. If lactose intolerant, consider yogurt, hard cheese or soy.
- **Avoid excess fat** such as gravies, sauces, excessive cheese, or fried foods. Substitute steaming/baking for frying and low-fat parmesan/mozzarella instead of higher fat choices.
- **Take your time!** Savor healthy, delicious meals as you eat mindfully. How much food actually fills you up?
- **Use a smaller plate** to finish meals without overeating.
- **Take control of your food by eating at home more often.** Use restaurant time as a teachable moment-- ask your child to compare portion sizes, fat, and sugar to home-based meals.
- **Try new foods**-- learn about new fruits, vegetables, and grains with your child! Have you tried mango, mung beans, or millet?
- **Satisfy your sweet tooth in a healthy way**-- try out recipes for smoothies, fruit cocktails, parfaits, and baked desserts involving fruit and minimal added sugar.

Here is a recipe for the whole family to enjoy!

Fiesta Pizzas

- 1 can black beans
- 1 lime
- 4 whole wheat tortillas
- 1 cup salsa
- 1 cup shredded cheese
- Corn, avocado, green onion, or black olives (optional)

Rinse black beans and place in a bowl. Mash with a fork or potato masher until slightly lumpy. Spread evenly onto the 4 tortillas. Top with salsa, cheese or other ingredients as desired. Can be enjoyed cold or heat in a microwave or oven for a few seconds.

