

MyPlate Portions

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

The 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 of 2 slices of whole grain bread, slice of cheese, lettuce, tomato, cucumber and turkey
- Snack or breakfast: Peanut/almond/sunflower butter on whole wheat bagels with apples, carrots, celery for dipping in the extra "spread"

Encourage Healthy Eating

- Ask kids what their plates looked like that day. Did they get all their food groups? Do they need more of a food group for snack or dinner to balance out their plate?
- Kids 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! Kids 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 our way!

Strawberry Banana Breakfast Split

- 1 1/2 cups Steel Cut Oats
- 3 cups water
- 2 Bananas
- 1 lb 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.