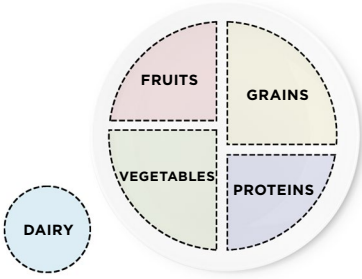
CHOOSE A HEALTHY PLATE
FOR KIDS

Help your child eat well, be active, and grow up healthy. Children need help to develop healthy eating and physical activity habits for life.

Every day include vegetables, fruits, grains, and protein foods. Balance food groups throughout the day to help your child get needed vitamins and minerals.

FILL YOUR CHILD'S PLATE THE HEALTHY WAY:

- Choose variety — the best meals have items from different food groups.
- Fill half your child's plate with vegetables and fruits.
- Choose more whole grains, like oatmeal, whole-wheat bread, and brown rice.
- Serve fat-free or low-fat (1%) milk.
- Encourage water instead of fruit juice or sugary drinks.
- An occasional treat is fine, but limit filling up on foods like — cakes, cookies, ice cream, chips, and fruit snacks.



TIP

Throughout the day, make half of what your family eats vegetables and fruits; and the other half grains and protein foods.

LET'S MOVE!

Exercise can be fun for the whole family. Pick activites that everyone likes and start adding them to your daily routine. Getting active helps everyone be healthy, eat better and sleep better.

Pick healthy foods from each food group:

PROTEIN

Go lean with protein. Nuts, beans, peas, poultry, seeds, seafood, eggs and lean meat are good choices.

Limit processed meats like hot dogs and chicken nuggets.

VEGGIES

Vary your veggies. Try red, orange and dark-green veggies like tomatoes, sweet potatoes and broccoli.

Make half your plate fruits and veggies.

GRAINS

Choose whole grain pasta, cereal, tortillas and bread.

Make sure the first word in the ingredient list is “whole”.

DAIRY

Get your calcium. Serve children milk with meals.

For children 2 and older: Choose low-fat or fat-free milk, yogurt and cheese.

FRUITS

Focus on fruits. Give bite-sized fruits like small apple slices, orange pieces and kiwi slices.

Serve 100% fruit juice in small amounts and less often.

SAMPLE MENU

BREAKFAST
whole grain cereal
milk
small banana

SNACK
graham cracker squares
100% juice

LUNCH
turkey and cheese sandwich on whole wheat bread
cooked green beans
small orange
milk

SNACK
yogurt
apple slices or diced peaches

SUPPER
baked chicken
cooked or chopped raw carrots
cooked broccoli
whole wheat noodles
milk

MINNESOTA WIC
Women, Infants & Children Nutrition Program

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