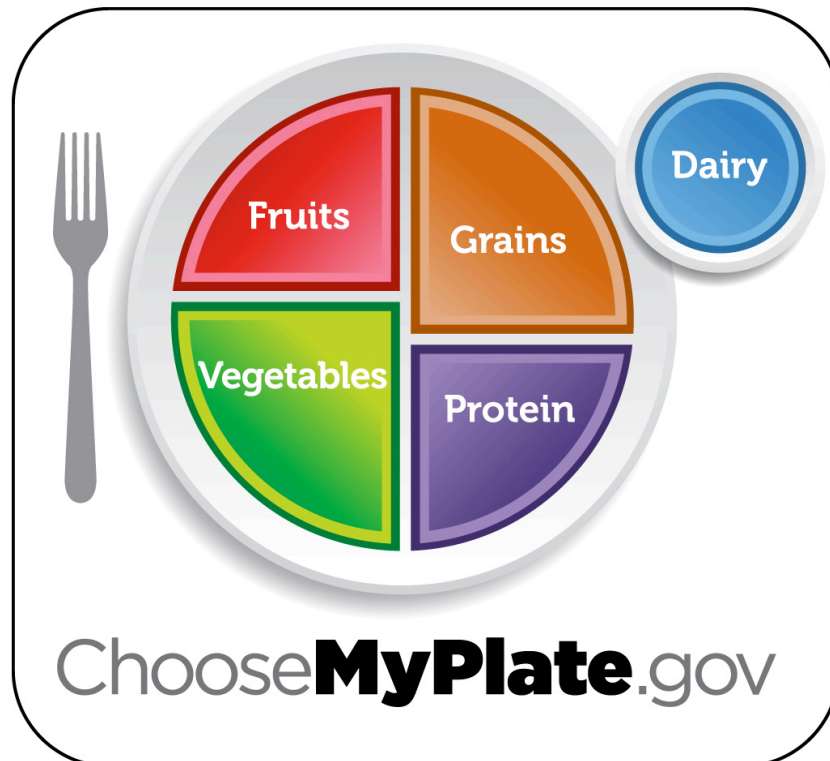




## Lesson #1 Take Home

### *Fit4Kidz Guide to MyPlate for Parents and Families*

The new MyPlate image below outlines the different food groups that should be present at each meal. Vegetables and Grains should be consumed in the largest amounts, followed by Protein, Fruits, and Dairy. Foods high in fats and refined sugars should be avoided or limited, with the exception of olive and canola oils.



MyPlate, which is part of the 2010 Dietary Guidelines initiative, aims to help consumers make healthier eating choices for themselves and for their families. The following tips can be used along with the MyPlate guide for more health-conscious eating.

- Enjoy the foods you eat, but avoid large portions.
- Make half of your plate fruits and vegetables at every meal.
- Make all or at least half of your grains whole grains.
- Switch to fat-free or 1% milk.
- Choose foods that are lower in sodium.
- Avoid fast foods, processed snack foods and sugary drinks (sodas, sports drinks, juices from concentrate).