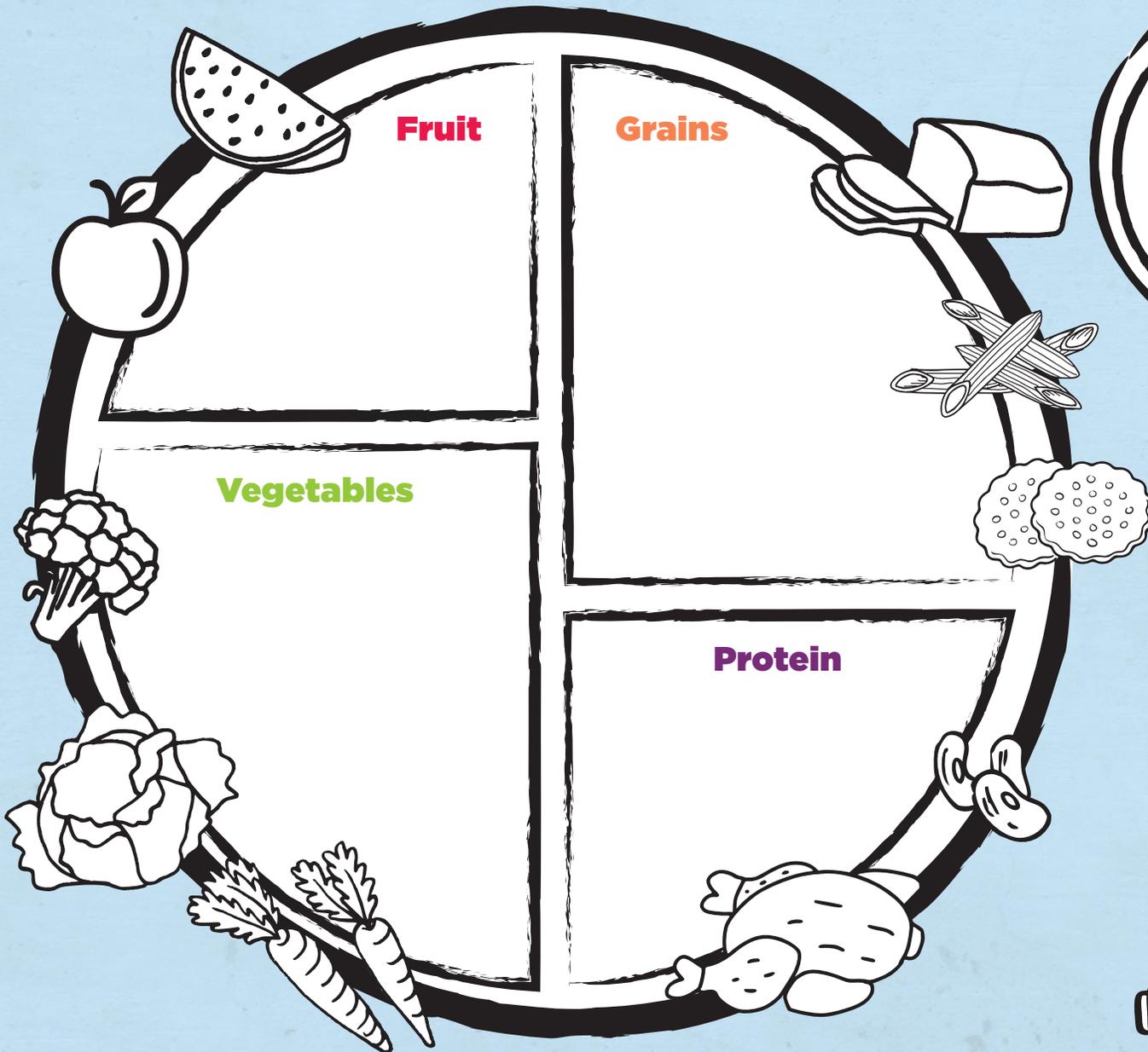


# MyPlate

- Draw your favorite foods in each section
- Draw new foods you want to try



**Dairy**

## Be Active Your Way 60 Minutes a Day!

- Draw your favorite physical activity
- Draw a new game you want to try



# Hey, parents!

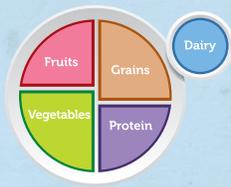
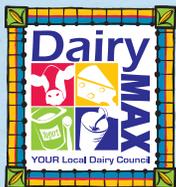
Your kids look up to you – which means you can help them develop positive attitudes about food and physical activity. Here are a few ways to inspire them.

## Choosing Foods

- For meals, offer a variety of foods from all five food groups.
- Snacks should include at least two food groups.
- Keep an eye on the size. Offer appropriate child-sized portions of foods at meals and snacks.
- Include small amounts of fats and oils; they provide important nutrients for growth and development.
- Foods such as candy, cake, chips and soda are OK every once in a while, just not every day.

## Healthy Together

- Try new foods with your children, but keep in mind that children often need to be offered a new food up to 15 times before they will eat it. Exploring new flavors can be an adventure so try introducing new foods with familiar foods.
- Encourage your kids to help you with simple cooking tasks. Children are more likely to eat foods they helped make.
- Enjoy fun physical activities as a family. Try a walk around the neighborhood or a game of tag.



Get more tips at [ChooseMyPlate.gov](http://ChooseMyPlate.gov)

