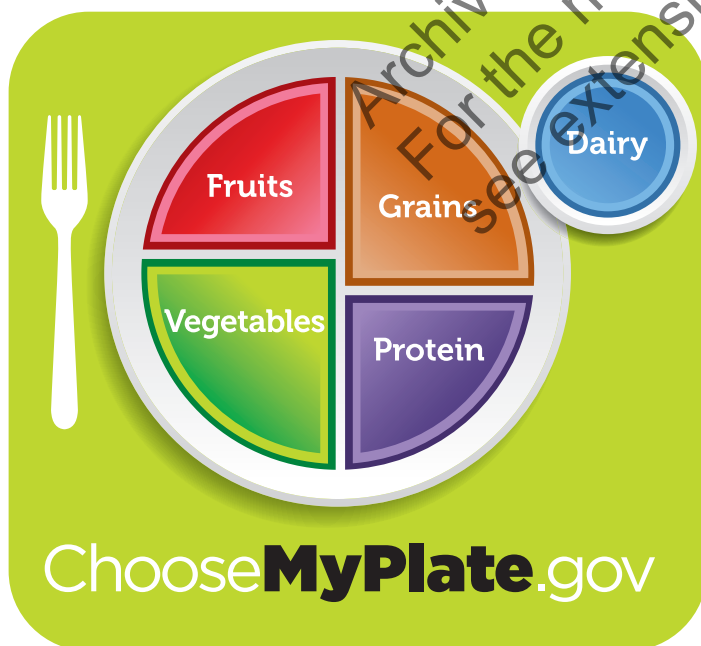




MyPlate is your plate!

MyPlate reminds you and your family to choose a variety of foods when planning a meal. A healthy meal starts with half your plate fruits and vegetables and smaller amounts of grains and protein foods. Dairy foods can be a drink or low-fat foods like cheese added to the meal or low-fat, non-fat yogurt with fruit as a dessert.



U.S. Department of Agriculture. ChooseMyPlate.gov

What's missing from MyPlate?

Candy, soda, snack foods and other foods high in fat or sugar. There are many ways you and your family can eat less of these foods. Which of these ideas will you and your family choose?

- ☐ Look high, look low. When looking for low sugar cereals (and other healthy foods), look at foods on the higher and lower shelves. Why? Foods with high sugar are on the middle shelves to attract children.
- ☐ Find out if your grocery store has a "no candy at the checkout aisle." You and your child will be less tempted to pick up candy as you wait to check out.
- ☐ At the grocery store, shop the outer aisles where you find more nutritious foods such as fruits, vegetables, meats and other protein foods and dairy foods. OK, this tip isn't perfect! Don't forget the beans and peas aisle (part of the protein foods group).
- ☐ Keep healthy snacks in sight such as fresh fruit in a bowl on the counter or cut-up vegetables in the refrigerator.
- ☐ Do you buy big packages of cookies for an occasional treat? Repackage them into smaller servings. This helps you overindulge. And keep these packages stored in cabinets – if they aren't in plain sight, you and your family are less likely to reach for them.

Recipe

Baked tortilla chips

(Makes 4 servings)

These baked chips have about half the calories and less than 2 grams of fat when compared to regular tortilla chips.

Ingredients:

8 small corn or whole-wheat tortillas
Nonstick cooking spray
Garlic powder or other seasonings like pepper, cinnamon (Mix 1 tablespoon sugar with ½ teaspoon cinnamon for a cinnamon and sugar mix to sprinkle on the tortilla wedges.)

Directions:

1. Wash hands and surfaces.
2. Preheat oven to 450 degrees F.
3. Cut each tortilla into 6 wedges. Lay wedges on cookie sheet that has been sprayed with cooking spray. Spray tops of tortillas lightly.
4. Sprinkle with garlic or other seasonings.
5. Bake 6 to 10 minutes or until golden brown.

Serve chips with dips, low-fat ranch dressing, hummus, salad or soup.



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