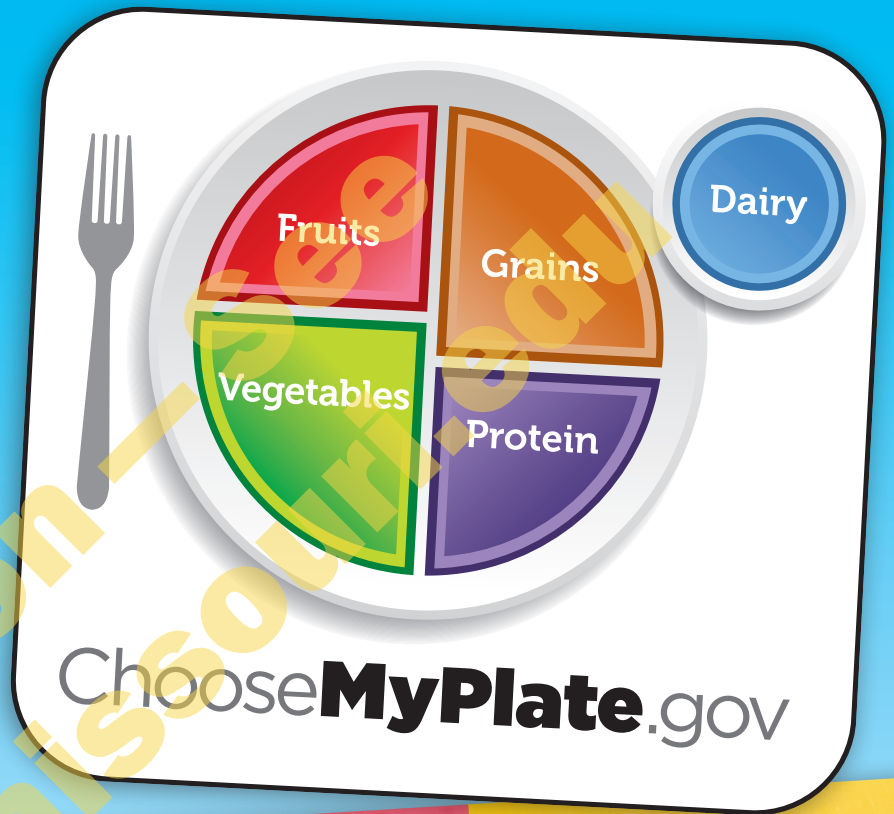


Hey kids . . . what's on your plate?



Central Valley Harvest Bake



Roasted Fish Crispy Slaw Wrap



Smokin' Powerhouse Chili



Porcupine Sliders

Make $\frac{1}{2}$ your plate fruits and vegetables.

Make at least $\frac{1}{2}$ your grains whole.

Vary your protein food choices.

Switch to fat-free or 1 percent milk

Be physically active your way!

60 minutes up to several hours
every day



Grains

Start smart with breakfast. Look for whole-grain cereals.

Just because bread is brown, doesn't mean it's whole-grain. Search the ingredients list to make sure the first word is "whole" (like "whole-wheat").



Vegetables

Color your plate with all kinds of great-tasting veggies.

What's green, red, and orange, and tastes good? Veggies! Go dark green with broccoli and spinach, or try orange ones like carrots and sweet potatoes, or red veggies like tomatoes and red pepper.



Fruits

Fruits are nature's treats — sweet and delicious.

Go easy on juice and make sure it's 100 percent.



Dairy

Look at the carton or container to make sure your milk, yogurt or cheese is low-fat or fat-free.

Do you have problems with lactose? Try calcium-fortified soy milk or lactose-free milk.



Protein Foods

Eat lean or low-fat meat, chicken, turkey and fish. Ask for it baked, broiled or grilled — not fried.

Nuts, seeds, peas, bean, and eggs are all great sources of protein, too.



• **Drink water instead of sugary drinks** like soda, sports drinks, energy drinks, sweet tea or fruit drinks.

• **High fat foods** like cakes, cookies, ice cream, sausages, and hot dogs **are okay once in a while, not every day.**

• **Compare sodium** in foods and choose foods with a lower number on the label.

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Family Nutrition Education Programs

Nutrition and life skills for Missouri families

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For more information, call MU Extension's Show Me Nutrition line at 1-888-515-0016. Running out of money for food? Contact your local food stamp office or go online to dss.mo.gov/fsd/fstamp.

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