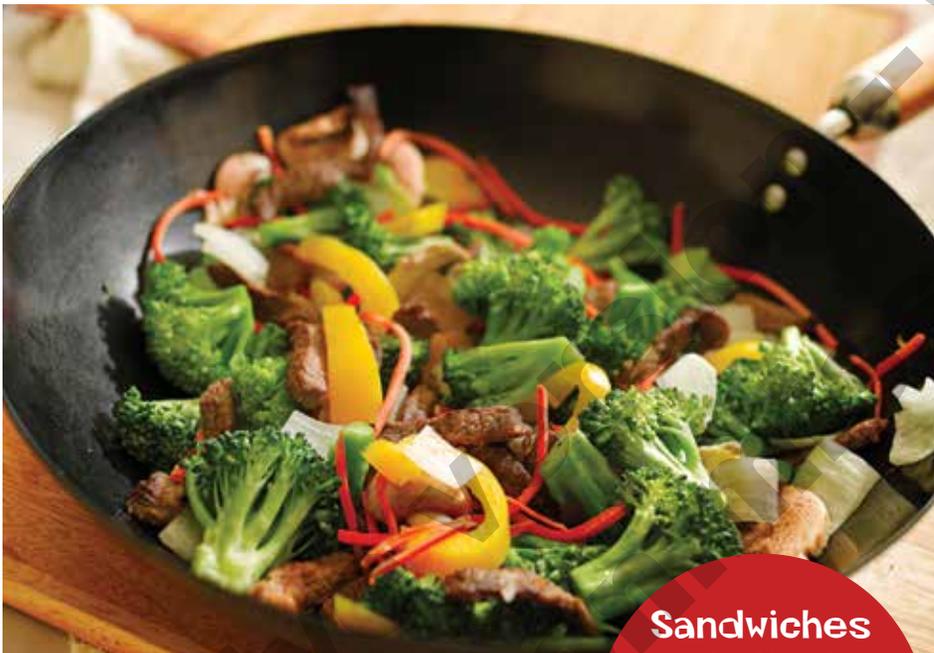




Get on the express to good health

Choosing a variety of foods is your family's ticket to good health. Your children learn by watching you. Choose a variety of foods and they will too!



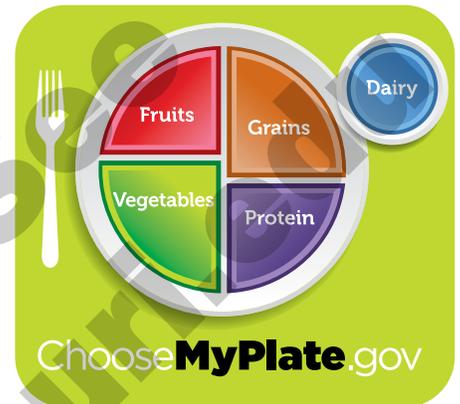
Sandwiches and stir-fry dishes bring variety to your food choices

Don't think you can include foods from all the food groups in your sandwich? Think again! Here's a sandwich suggestion (recipe provided) that includes foods from all the food groups:

- Grain group:** 100 percent whole-wheat bread
- Vegetable group:** tomato or green pepper rings
- Fruit group:** 1 pineapple ring
- Protein foods group:** 98 percent fat-free turkey
- Dairy group:** slice of low-fat cheese

What can you do to help your child choose a variety of foods?

Children love to be involved in choosing food. Make the recipe provided together. It uses foods from all of the food groups.



U.S. Department of Agriculture. ChooseMyPlate.gov

MyPlate is your plate!

Use MyPlate to remind 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 added in the form of a drink or a low-fat food like cheese, low-fat or nonfat yogurt with fruit as a dessert.

What other dishes can you and your child plan that include all of the food groups?

Tacos, soups, stews and casseroles are good choices to help you include foods from all (or most of) the food groups. Sit down with your child and brainstorm what ingredients could go in these dishes.

Kids in the kitchen

Your child gets to practice skills like:

- preparing the vegetables
- draining the canned pineapple

Recipe

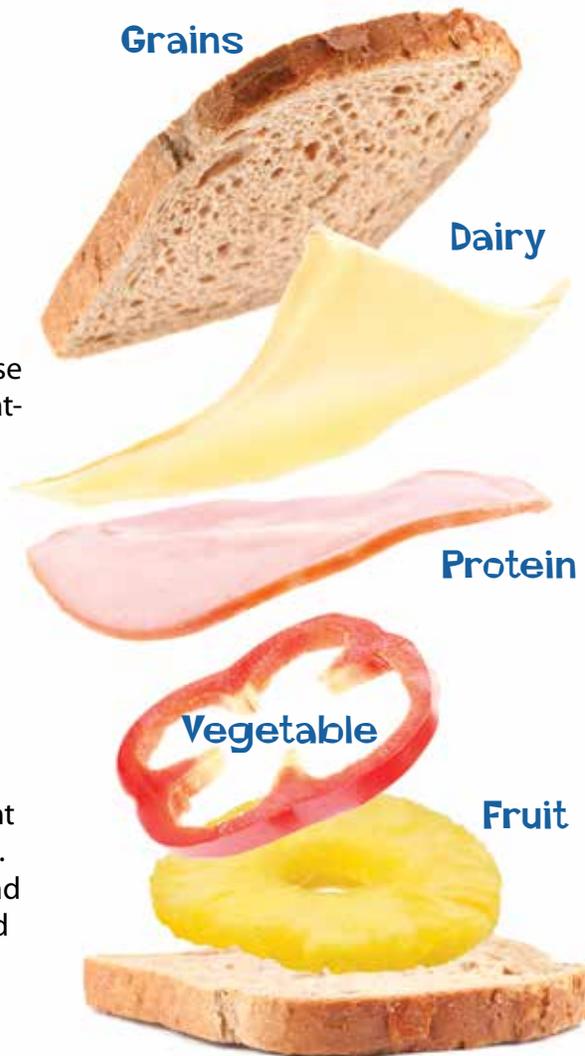
Food Groups Sandwich

Ingredients:

- 100 percent whole-wheat bread
- Slice of tomato or green or red pepper ring
- Slice of low-fat cheese
- Slice of 98 percent fat-free turkey
- 1 pineapple ring (canned pineapple in light juice)
- Mustard (optional)

Directions:

1. Wash hands and surfaces.
2. Put bread on plate. Layer each ingredient on top of bread slice. Add mustard to bread (optional). Add bread slice. Enjoy!
3. Refrigerate leftovers immediately.



**Don't forget
Move more -
together!**

Physical activity is an important part of good health. Make family time, active time. Do things together such as walking in the park, playing games and swimming.

Sign up for a free e-newsletter at missourifamilies.org/newsletter/

View videos to see how moms are helping their families eat healthier foods, get more information at <http://www.fns.usda.gov/core-nutrition/online-communication-tools>

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