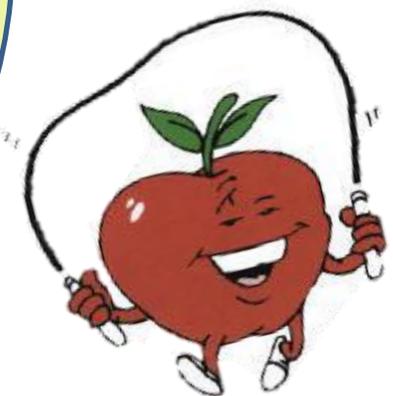
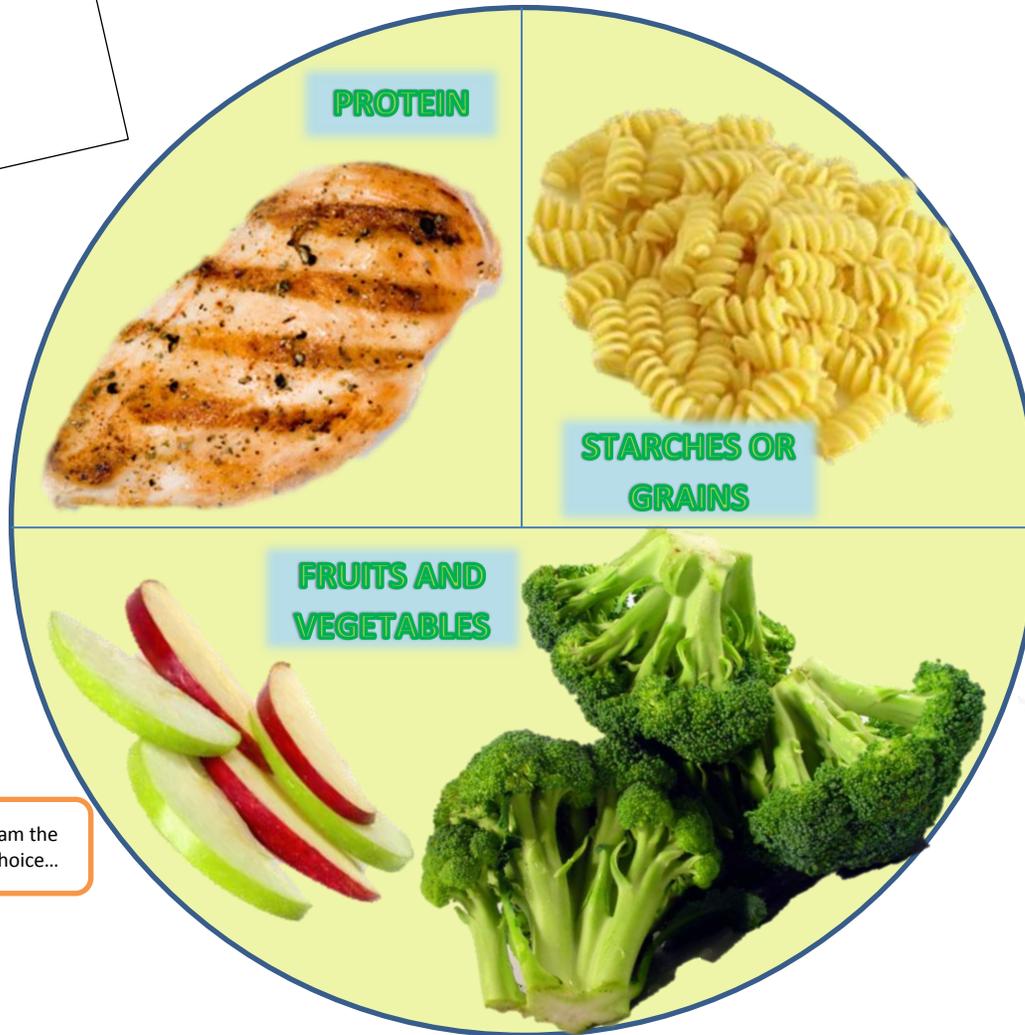


# My Plate

- ☑ 7 inch plate for kids
- ☑ 9 inch plate for teens and adults
- ☑  $\frac{1}{4}$  of plate protein
- ☑  $\frac{1}{4}$  of plate starches or grains
- ☑  $\frac{1}{2}$  of plate fruits & vegetables



# Bargain Produce

These Fresh Foods are Usually Low Cost and Budget Friendly:

Greens  
Broccoli  
Sweet potatoes  
Onions  
Carrots  
Cabbage  
Frozen vegetables



Bananas  
Apples  
Oranges  
Raisins  
Unsweetened applesauce  
Canned fruit in 100% juice  
Frozen fruits



## Tips for Getting Kids to Eat Fruits and Vegetables:

- ★ It's OK to let them "play" with their foods. Let your younger kids make animals, faces and designs with their fruits and vegetables.
- ★ For young kids, keep a sticker chart- when they try a new color fruit or vegetable, give them a sticker.
- ★ Don't give up. Keep serving vegetables and kids will learn to like them.
- ★ Have them help choose and prepare fruits and vegetables.
- ★ Try preparing fruits and vegetables different ways so that if your kids do not like them one way, they can try them a different way that tastes totally different.
- ★ Fresh and frozen fruits and vegetables are often accepted better than canned. You can prepare them so many different ways!
- ★ Have older kids and teens help peel, chop, and season vegetables for dinner.

## Write down the fruits and vegetables you have in your kitchen.

Do you have fresh and frozen fruits and vegetables or are they mostly canned?  
Canned fruits and vegetables can be high in sugar and salt.

## Portion Sizes are Easy

Aim for half a plate of fruits and vegetables. Meat portions should look like a deck of cards.

### Toddlers and Preschool Age:

- ★ A serving size is generally 1 tablespoon for each year of age.

### School Age Kids and Teens:

- ★ Use a 7 inch plate for kids and follow the healthy plate.
- ★ Use a 9 inch plate for teens and follow the healthy plate.



## Meal Time Moments

- ★ Eat breakfast, lunch, and dinner for an energy packed day!
- ★ Don't wait until it's too late. Have a healthy snack during the day to avoid overeating later.
- ★ Cook more at home for healthier meals!
- ★ Sit at the dinner table together to promote healthy eating habits and find out what has happened in each other's day.



Community Care  
of North Carolina

