

My Plate Planner FOR CHILDREN AND TEENS



The plate method is a simple way to learn healthy portion sizes. Just split the plate into three parts: the largest part is for fruits and vegetables.

Note to adults planning meals for young children: Use a smaller plate or serve smaller portions if you don't have different plate sizes.



YOUR HAND CAN HELP YOU MEASURE THE RIGHT AMOUNT OF FOOD TO EAT. Use your hand to measure out portions.

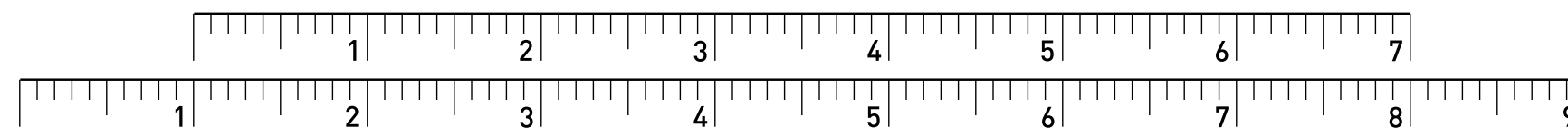
Palm of your hand
Amount of lean protein

Your fist
Amount of rice, cooked pasta or cereal

Your thumb
Amount of cheese

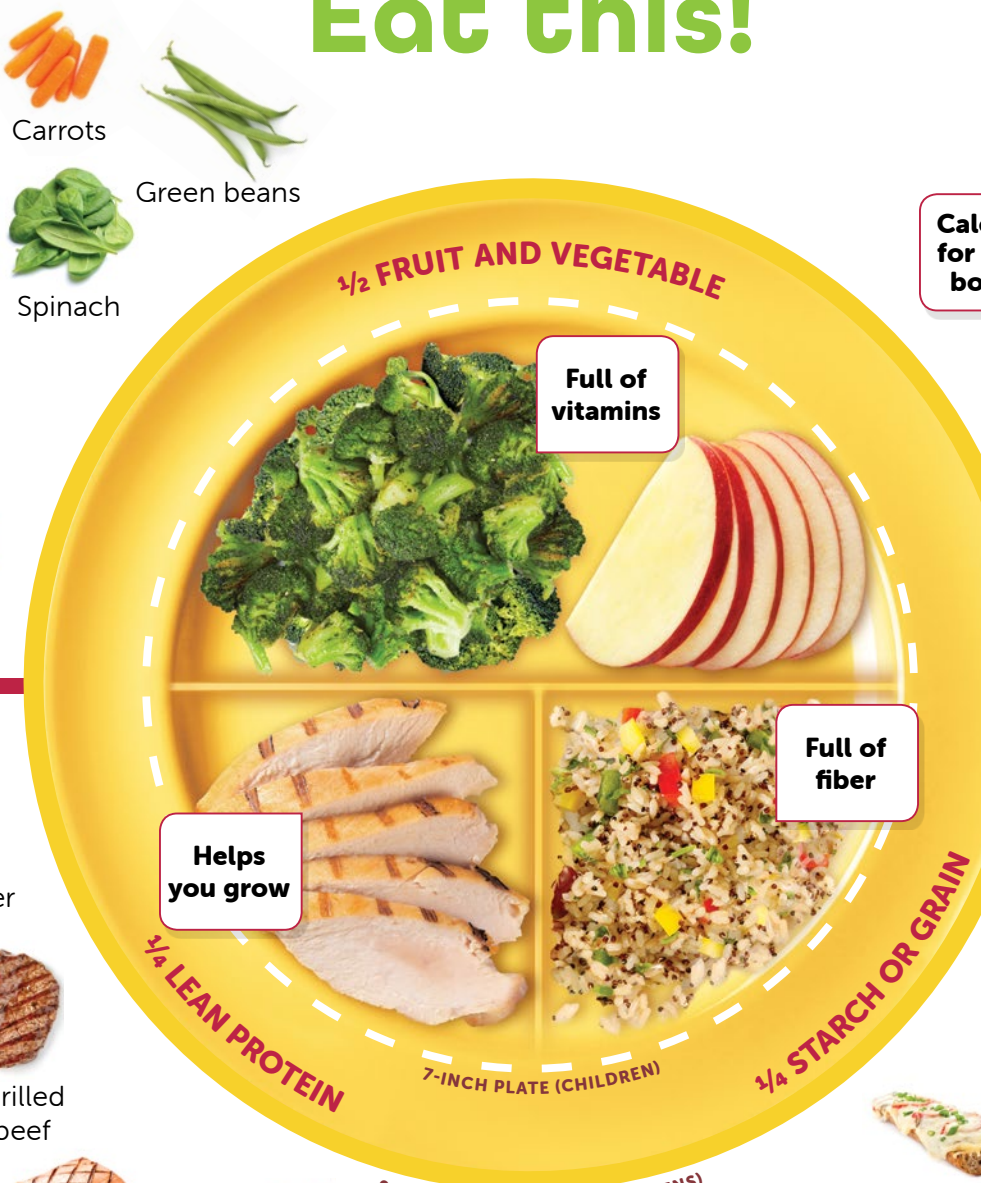
Tip of your thumb
Amount of peanut butter

Note to adults preparing meals for young children: Use the size of your child's hand to guide their portion sizes.



How to Choose Healthy Foods

Eat this!



- Carrots
- Green beans
- Spinach
- Apple
- Banana
- Orange

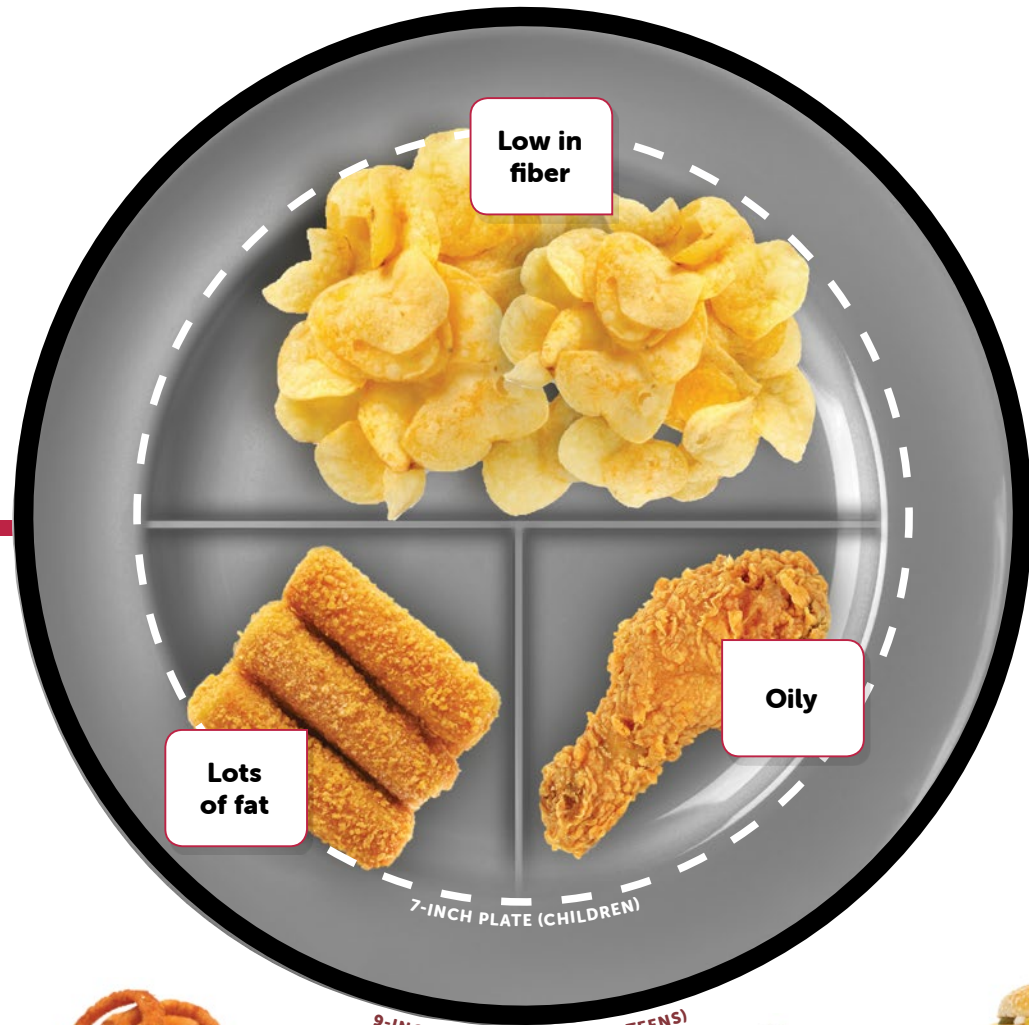
- Water
- Skim milk

Calcium for your bones

- Unsweetened or natural peanut butter
- Unsweetened yogurt
- Cheese
- Grilled beef
- Baked fish
- Egg

- Corn
- Beans
- Yams
- Whole-wheat veggie pizza
- Whole-wheat bread
- Oatmeal

Don't eat this!



- White bread
- Fries

- Pepperoni pizza
- White rice

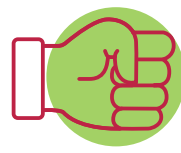
- Juice
- Soda
- Juice box

Full of sugar

- Onion rings
- Spare ribs
- Hot dogs
- Fish sticks
- Double cheeseburger



Palm of your hand
Amount of lean protein



Your fist
Amount of rice, cooked pasta or cereal

YOUR HAND CAN HELP YOU MEASURE THE RIGHT AMOUNT OF FOOD TO EAT.

Your thumb
Amount of cheese



Tip of your thumb
Amount of peanut butter

