

What's on Your Plate?



INSTRUCTIONS

1. With your doctor, nurse, dietitian or nutritionist, draw what you ate last night. Include your drink.
2. Review together the My Plate Planner for Children and Teens for tips on how to choose a healthy meal.
3. Talk about what changes you would like to make to your plate to be healthier.
4. At home, work together as a family to plan your next meal.

Note for parents of young children: Fill out this plate for your child.

