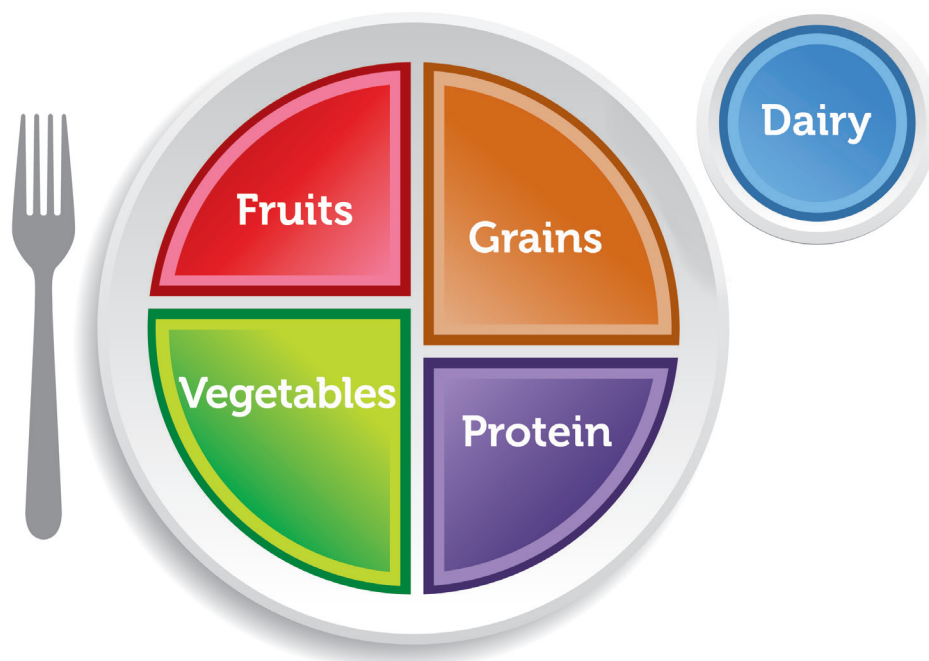


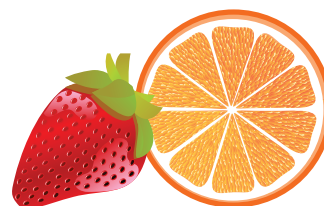
How to Make a Great Healthy Plate

One easy way to learn how much and what to eat is to think of what you're eating for breakfast, lunch or dinner and picture it on a plate.



- One-half of the plate should be filled with vegetables and fruit, because they are full of vitamins and minerals.
- One-fourth of the plate should be filled with protein like baked chicken, low-fat grilled beef or an egg.
- One-fourth should be filled with a starch like yams, sweet potatoes or a serving of whole wheat bread.

Guide to great plates for kids and teens



	At least		Just right	Not more than	
	Vegetables	Fruits	Milk	Meat and beans	Grains
Children 2 to 3 years old (1,200 calories per day)	1½ cups	1 cup	2 cups	3 ounces	4 ounces
Children 4 to 8 years old (1,600 calories per day)	2 cups	1½ cups	2-3 cups	5 ounces	5 ounces
Teen girls (2,000 calories per day)	2½ cups	2 cups	3 cups	5½ ounces	6 ounces
Teen boys (2,600 calories per day)	3½ cups	2 cups	3 cups	6½ ounces	9 ounces

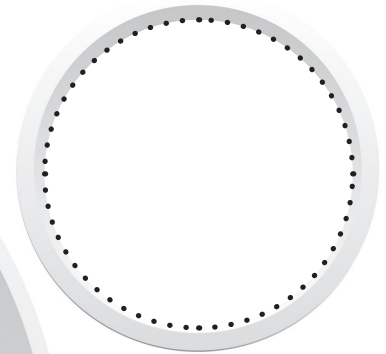
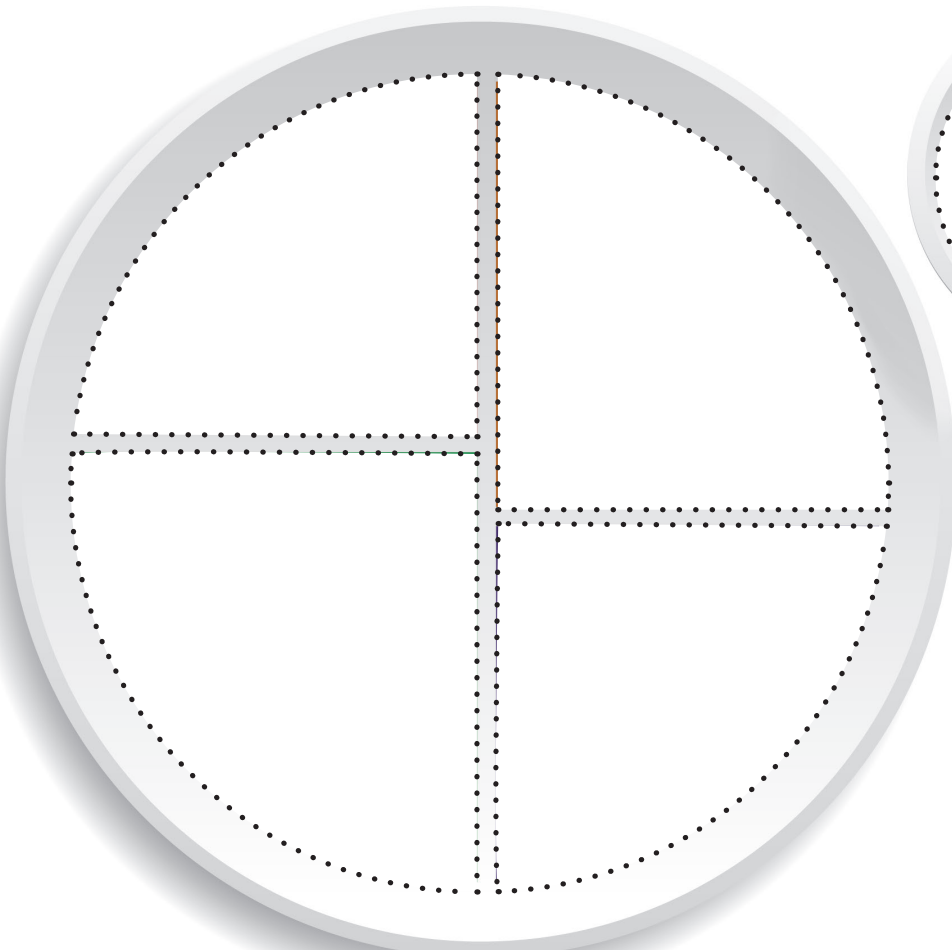
What does your great healthy plate look like?

Draw your favorite foods in each section of the plate.

Fruits

Grains

Dairy



Vegetables

Protein



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