

How Healthy Is Your Plate?

Using the Healthy Lifestyles Portion Plate

- Make half your plate fruits and vegetables.
- Choose fruit instead of fruit juices and drink water for thirst.
- Add fruit to your cereal, oatmeal or yogurt at breakfast.
- Smoothies are a refreshing way to enjoy your fruits.
- Citrus fruits are loaded with vitamin C which helps keep your immune system strong and healthy.

Drink skim or 1% milk which have the same calcium as whole milk, but with less fat and calories.

Look for low-fat cheese and light yogurt.

DON'T FORGET YOUR DAIRY.

- Eat five or more servings of fruits and vegetables every day.
- Fruits and vegetables are packed with disease-fighting nutrients and give you energy, naturally.
- Color up your plate! Try all the different colors of vegetables, and definitely add some green into your meal!
- Dip veggies in low-fat salad dressing. Tuck them in whole wheat pitas. Toss some on your pizza.
- Try and try again. It may take children several tastings (10 or more) before they begin to enjoy certain foods.



FRUITS



VEGETABLES

GRAINS



PROTEINS

- Make at least half your grains whole.
- Choose 100 percent whole grain cereals, breads, crackers, rice and pasta.
- Check the ingredients list on food packages to find whole grain foods.

Choose heart healthy fats like olive oil and canola oil.

- Keep meat portions small and lean.
- Twice a week, make fish the protein on your plate.
- Eat beans for lots of fiber and protein.
- Don't forget about the incredible, edible egg!

5-2-1-Almost None

A Formula for a Healthy Lifestyle

We are committed to helping people understand the causes and implications of being at an unhealthy weight. 5-2-1-Almost None is our way to promote a healthier lifestyle for children and families. It is an easy formula for success.



5 or more fruits and vegetables



2 hours or less of screen time



1 hour or more of physical activity



ALMOST NONE almost no sugary beverages



Handy Measuring Tool



Your hand is a convenient tool to help you make healthy choices about serving sizes.

PALM of your hand

The size of the palm of your hand is about the same size of a serving of meat.



CUPPED hand

The size of your cupped hand is about the same size of a 1/2 cup serving of fruits, vegetables or grains.



your FIST

The size of your fist is the same size of one small whole fruit or a one cup serving of low-fat milk or yogurt.



your THUMB

The tip of your thumb is about the same size as a teaspoon of oil or butter. The whole thumb is close in size to a tablespoon of low-fat salad dressing.



two FINGERS

A 1 1/2 ounce serving of cheese is about two finger lengths.

