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.

FORGET YO'

 Eat five or more servings of fruits and vegetables every day.

• Fruits and vegetables are packed with diseasefighting 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.

- 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.



- 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.





or more fruits and vegetables





hours or less of screen time

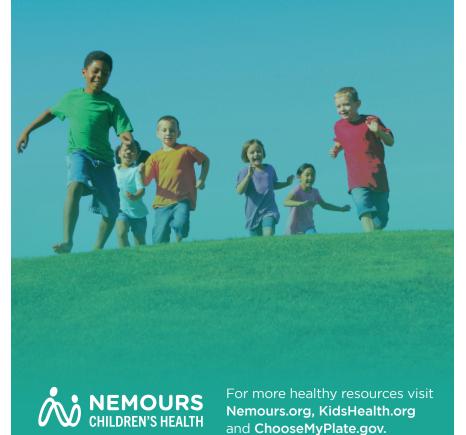




hour or more of physical activity



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.



vour 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.

