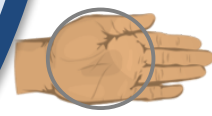


**Use your hand to measure the right amount of food.**

Use an adult hand for adult portions. Use a child's hand for child portions



**A Fist**  
Amount of grains/starch, fruit and veggie



**Palm of Hand**  
Amount of lean protein



**A Thumb**  
Amount of cheese



**Thumb tip**  
Amount of oil or butter

7" plate for children  
9" plate for teens & adults

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## FRUITS

Choose fresh, frozen or canned with no sugar or fat added (check the ingredient list)

- Apple
- Applesauce
- Bananas
- Blueberries
- Grapes
- Cantaloupe
- Mango
- Oranges
- Peaches
- Pears
- Pineapple
- Strawberries
- Watermelon
- Fruit cup or canned in water or its own juice
- Fruit from frozen (no added sugar)
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Choose 1 item from every food group to make a healthy plate



## VEGETABLES

Choose fresh, frozen or canned with no added fat, sugar or salt. Have it raw, steamed, boiled or grilled

- Asparagus
- Broccoli
- Carrots, cooked or raw
- Cauliflower
- Celery
- Collards
- Cucumbers
- Green beans
- Lettuce
- Mixed vegetables
- Peppers
- Okra
- Salsa
- Spinach
- Squash / Zucchini
- Stir-fry veggies
- Tomato
- Spaghetti sauce
- Salad
- Veggies with cheese
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



## GRAINS & STARCHY VEGGIES

Choose whole grains; \*Whole wheat/grain (not enriched) will be listed first on the ingredient list

- Rice\*
- Pasta\*
- Bread\*
- Bun\*
- Roll\*
- Grits
- Tortilla\*
- Quinoa
- Crackers\*
- Stuffing
- Baked corn bread
- Low-fat mac n' cheese
- Baked fries
- Corn
- Lima beans
- Potato (baked, mashed)
- Plantain
- Sweet potato
- Sweet peas
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



## PROTEIN

Choose lean protein. Have it baked, grilled, broiled, boiled or roasted

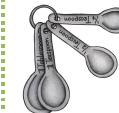
- Beans: pinto, garbanzo, black, kidney (drain & rinse if canned)
- Beef; sirloin / round cut
- Chicken breast or tender (skinless)
- Egg
- Edamame
- Fish, tilapia
- Lean ground beef/ turkey (93/7 or 90/10)
- Pork tenderloin or loin
- Low-fat ham
- Nuggets, baked
- Salmon
- Shrimp
- Tuna (in water)
- Hummus dip
- Peanut butter
- Baked beans
- Low-fat hot dog
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



## DAIRY

Choose fat-free or low-fat dairy; check the ingredient list for added sugars.

- Low-fat milk (1% or skim)
- Low-fat Yogurt
- Low-fat, sugar-free Pudding
- Low-fat cheese
- Cottage cheese
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



### ADD EXTRAS WISELY

Check the Serving Size on the Nutrition Facts Labels & measure out items like:

Butter, Oil, Mayonnaise  
BBQ sauce, Ketchup  
Sour cream, Salad dressing

