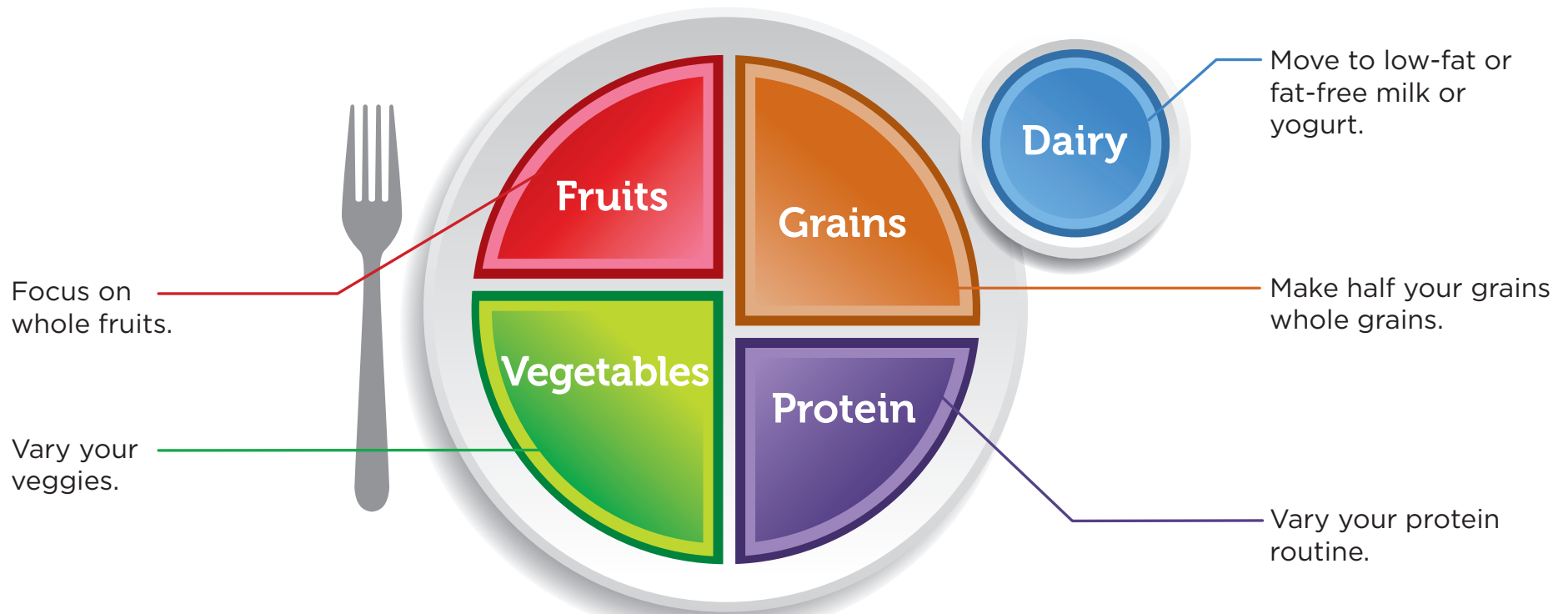


MyPlate, MyWins: Make it yours

Find your healthy eating style. Everything you eat and drink over time matters and can help you be healthier now and in the future.



Choose **MyPlate.gov**



Limit

Limit the extras.

Drink and eat beverages and food with less sodium, saturated fat, and added sugars.



MyWins

Create 'MyWins' that fit your healthy eating style.

Start with small changes that you can enjoy, like having an extra piece of fruit today.



Fruits

Focus on whole fruits and select 100% fruit juice when choosing juices.

Buy fruits that are dried, frozen, canned, or fresh, so that you can always have a supply on hand.



Vegetables

Eat a variety of vegetables and add them to mixed dishes like casseroles, sandwiches, and wraps.

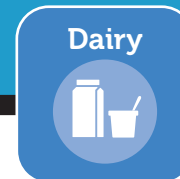
Fresh, frozen, and canned count, too. Look for “reduced sodium” or “no-salt-added” on the label.



Grains

Choose whole-grain versions of common foods such as bread, pasta, and tortillas.

Not sure if it's whole grain? Check the ingredients list for the words “whole” or “whole grain.”



Dairy

Choose low-fat (1%) or fat-free (skim) dairy. Get the same amount of calcium and other nutrients as whole milk, but with less saturated fat and calories.

Lactose intolerant? Try lactose-free milk or a fortified soy beverage.



Protein

Eat a variety of protein foods such as beans, soy, seafood, lean meats, poultry, and unsalted nuts and seeds.

Select seafood twice a week. Choose lean cuts of meat and ground beef that is at least 93% lean.

Daily Food Group Targets — Based on a 2,000 Calorie Plan

Visit SuperTracker.usda.gov for a personalized plan.

2 cups

1 cup counts as:

1 large banana
1 cup mandarin oranges
½ cup raisins
1 cup 100% grapefruit juice

2½ cups

1 cup counts as:

2 cups raw spinach
1 large bell pepper
1 cup baby carrots
1 cup green peas
1 cup mushrooms

6 ounces

1 ounce counts as:

1 slice of bread
½ cup cooked oatmeal
1 small tortilla
½ cup cooked brown rice
½ cup cooked grits

3 cups

1 cup counts as:

1 cup milk
1 cup yogurt
2 ounces processed cheese

5½ ounces

1 ounce counts as:

1 ounce tuna fish
¼ cup cooked beans
1 Tbsp peanut butter
1 egg

Water



Drink water instead of sugary drinks.

Regular soda, energy or sports drinks, and other sweet drinks usually contain a lot of added sugar, which provides more calories than needed.

Activity

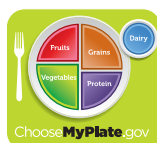


Don't forget physical activity!

Being active can help you prevent disease and manage your weight.

Kids ≥ 60 min/day

Adults ≥ 150 min/week



MyPlate, MyWins

Healthy Eating Solutions for Everyday Life

Choose MyPlate.gov/MyWins

Center for Nutrition Policy and Promotion
May 2016
CNPP-29

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KIDS FOOD CRITIC ACTIVITY

Let kids select a new fruit, vegetable, or recipe to sample. Have them taste the food and rate it based on visual appeal, smell, taste, and texture using a scale of 1 to 5 where 5 is the best.



DRAW FOOD HERE!

Visual
Appeal

1 2 3 4 5
O O O O O

Smell

1 2 3 4 5
O O O O O

Taste

1 2 3 4 5
O O O O O

Texture

1 2 3 4 5
O O O O O

TOTAL:

TOTAL SCORE



Serve it again?

YES NO



FOR EXTRA FUN:

- Have kids choose and prepare foods and have friends, siblings, or parents sample and rate them.
- Present 3 new recipes to sample and compare them.

August 2016

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Crossword Puzzle

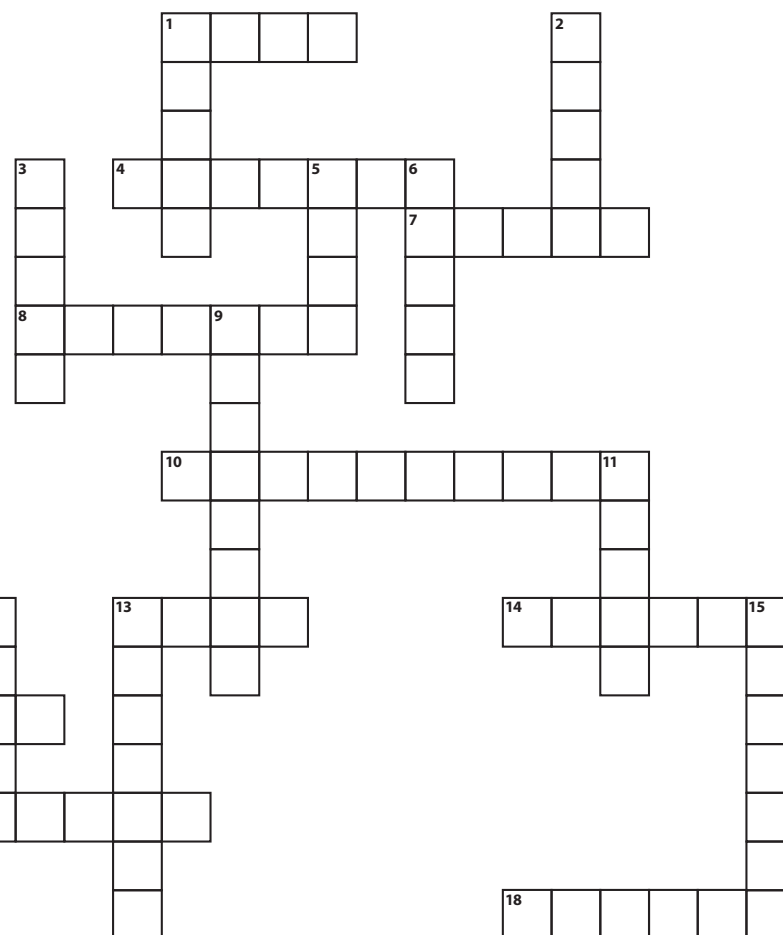


ACROSS

1. The number of MyPlate food groups.
4. _____ is a good source of heart healthy fats.
7. Regular soft drinks, candies, cookies and other desserts are often high in _____ sugars.
8. _____, also called beans and peas, are high in nutrients.
10. A variety of different colored fruits and _____ are recommended daily.
13. MyPlate recommends that fruits and veggies make up _____ of the plate.
14. Looking at _____ on the Nutrition Facts label will tell you how much salt per serving a food contains.
16. Whole _____ are recommended more often instead of 100% juice.
17. Eating a _____ of foods is important.
18. Children and adults should be physically _____ on a daily basis.

DOWN

1. Fruits, vegetables, and whole grains are all good sources of dietary _____.
2. Finding ways to reduce food _____ can help to save nutrients and money.
3. At least half of the grains eaten daily should be _____ grains.
5. _____ from plant sources are healthier than solid fats.
6. This food group is a good source of calcium.
9. Fruits and vegetables provide nutrients, like vitamins and _____.
11. Nuts and _____ are part of the protein group.
12. Drinking _____ instead of sugar-sweetened beverages is one way to reduce added sugars.
13. A _____ eating style is recommended for everyone.
15. _____ can help you develop a healthy eating style.



National Nutrition Month® 2018

Soup's on!

Word Search for Kids

Words may be horizontal, vertical, or diagonal.



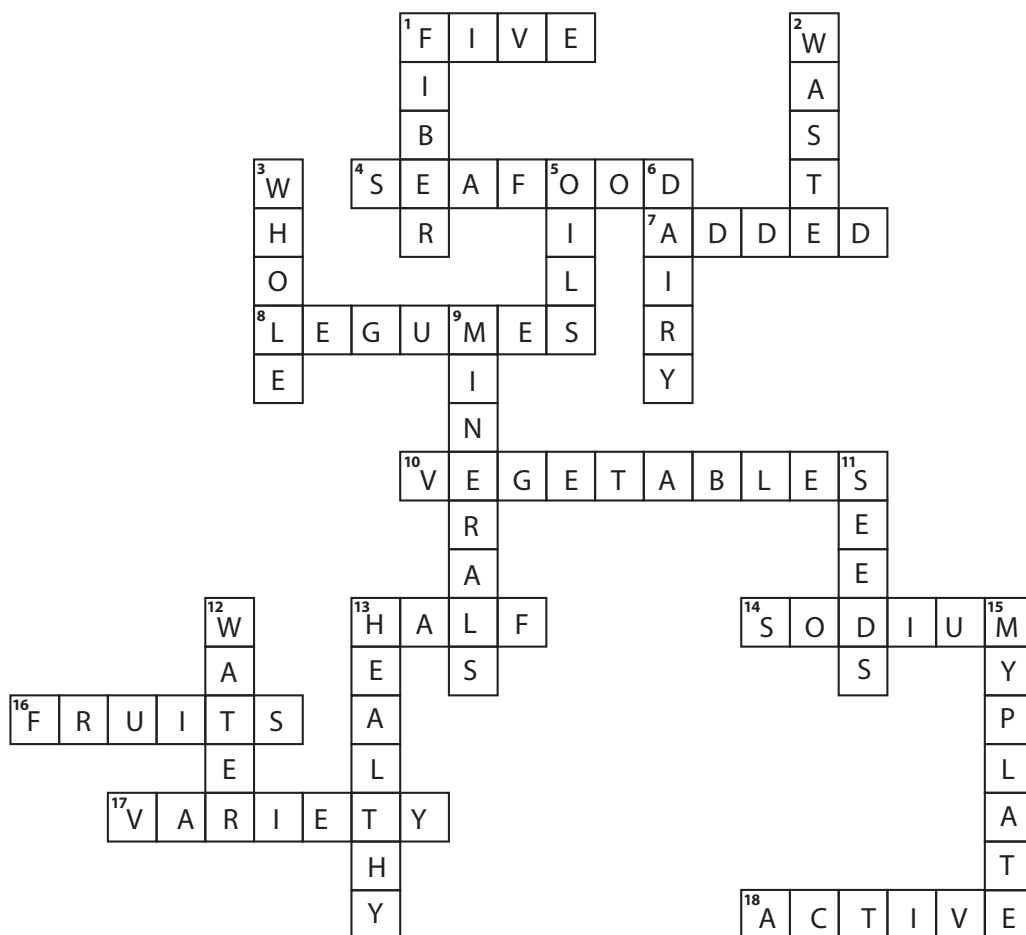
1. Tomatoes
2. Corn
3. Potatoes
4. Broccoli
5. Carrots
6. Chicken
7. Rice
8. Peas
9. Milk
10. Beans
11. Spinach
12. Ham
13. Turkey
14. Peppers
15. Noodles
16. Cabbage
17. Mushrooms
18. Squash
19. Zucchini
20. Cheese

X	Z	C	R	F	G	L	K	P	U	Q	R	M	S	V	C	L	Y	B	N	T	R	S	K
Y	V	K	W	A	Z	U	C	C	H	I	N	I	M	L	G	B	R	T	G	F	E	X	L
L	J	U	L	M	N	B	V	R	V	X	Z	L	B	F	W	P	T	S	D	O	P	Q	W
R	T	B	C	A	R	R	O	T	S	L	Q	K	P	E	R	M	E	Z	T	L	H	E	R
H	Z	M	R	Z	X	Y	F	T	M	R	S	W	S	Y	P	X	L	A	Q	V	D	Y	L
E	A	G	K	D	P	L	S	B	J	K	V	E	L	Z	N	L	T	R	S	N	B	O	P
B	R	M	L	K	X	N	Z	M	N	T	E	Y	T	R	B	O	Z	U	W	M	S	R	T
U	Q	W	R	P	A	C	V	T	W	H	L	K	N	M	P	C	N	P	L	Y	J	I	O
A	Z	G	L	E	B	N	M	K	C	P	R	T	Y	Z	L	D	F	R	X	V	K	C	Q
F	V	R	B	S	D	P	L	Y	X	W	F	V	L	B	T	W	Q	P	L	Z	E	E	Y
R	L	C	V	Q	W	T	O	M	A	T	O	E	S	A	U	U	N	B	C	V	F	D	R
O	P	N	M	L	R	V	B	N	S	G	R	T	L	K	R	E	N	M	Q	L	H	G	F
X	B	L	M	U	S	H	R	O	O	M	S	T	W	C	K	X	R	N	F	G	T	L	P
J	V	R	Q	K	L	M	T	N	C	E	L	G	F	C	E	G	T	B	Y	C	L	B	U
S	G	C	O	L	J	W	G	V	L	P	Q	R	I	S	Y	X	S	P	I	N	A	C	H
Q	R	L	W	C	N	C	T	D	S	R	M	H	O	K	L	Y	T	Z	M	L	X	A	B
U	T	M	N	P	C	J	O	D	L	F	C	Q	L	M	S	T	R	G	C	P	J	B	K
A	X	K	Y	V	N	O	M	X	I	R	B	S	Z	K	N	M	L	V	O	T	R	B	L
S	R	T	Z	L	N	B	L	N	O	O	Q	P	E	P	E	P	P	E	R	S	C	A	V
H	W	P	R	J	K	V	N	I	L	X	U	T	L	Z	A	G	T	L	N	R	X	G	M
A	L	X	V	C	M	R	B	Q	S	T	M	N	Y	F	G	P	K	J	O	S	A	E	I

National Nutrition Month® 2018

Crossword Puzzle

Solution:



National Nutrition Month® 2018

Soup's on! Word Search for Kids

Words may be horizontal, vertical, or diagonal.



Solution:

