# My Healthy Plate

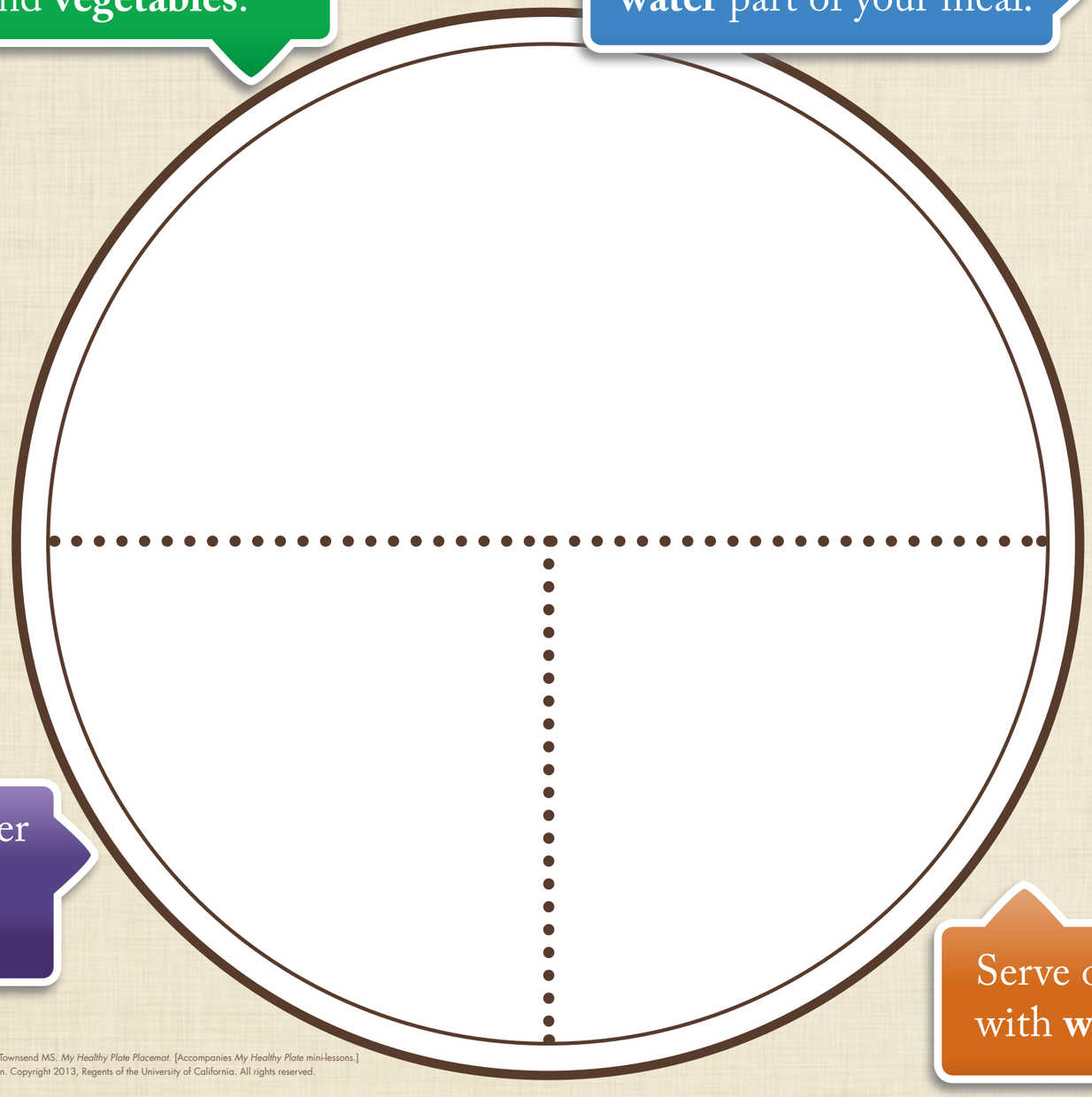
**Instructions**

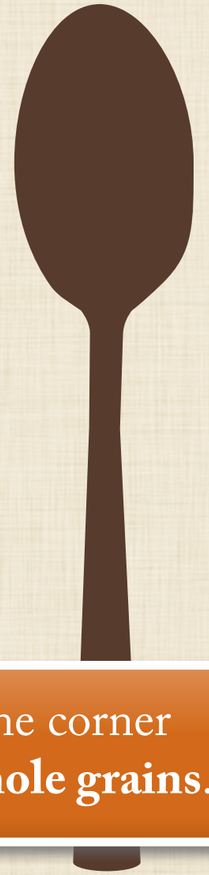
1. Sit with your child and plan a meal using My Healthy Plate.
2. Have your child color the meal on the placemat.
3. Plan to make the meal with your child in the next few days.

**Healthy eating made easy**

Serve half your plate with **fruits** and **vegetables**.

Make **lower fat milk or water** part of your meal.





Serve one corner with **healthy protein** foods.

Serve one corner with **whole grains**.

## Menu

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# Mi plato saludable

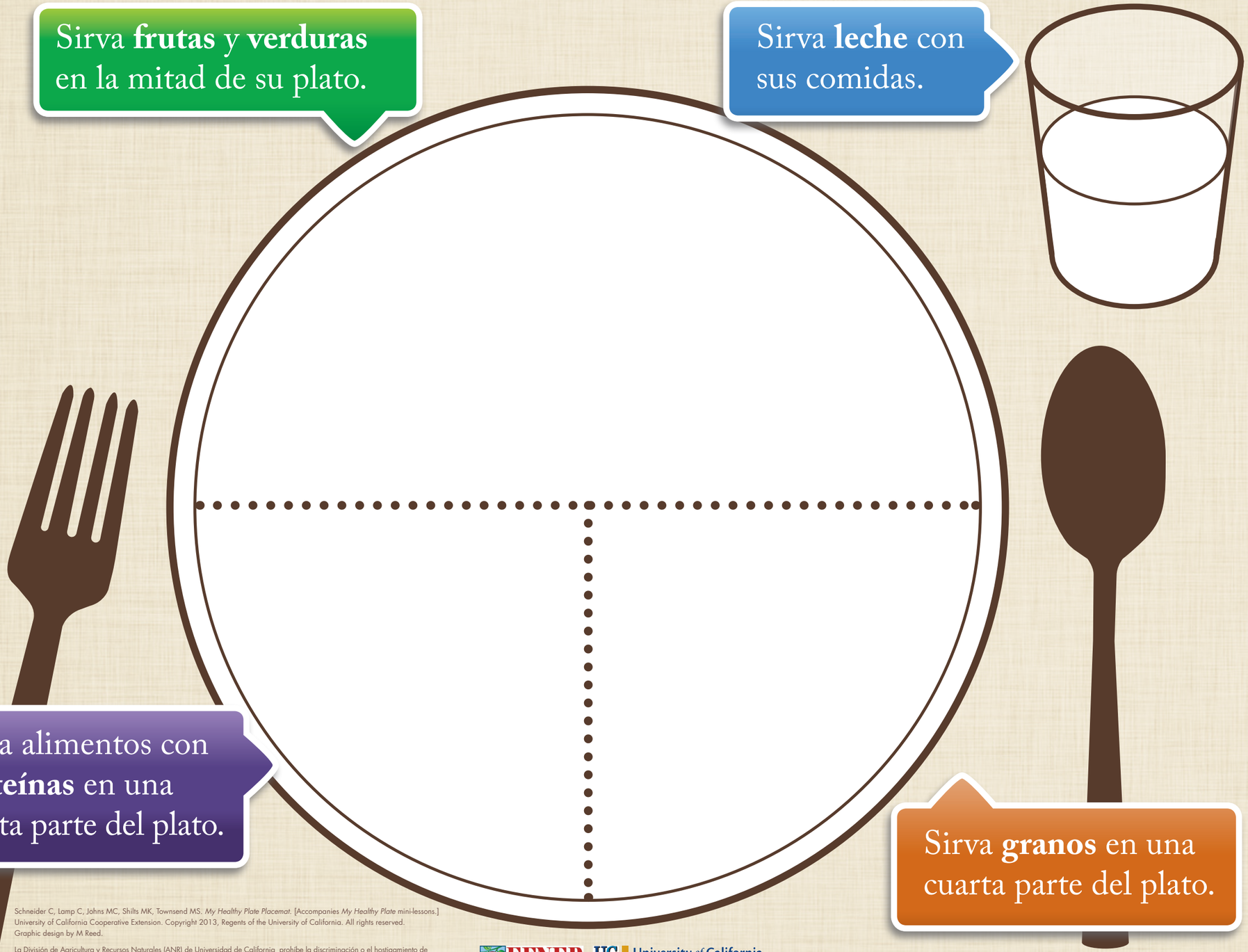
**Instrucciones**

1. Siéntese con su niño y planee una comida usando Mi plato saludable.
2. Haga que su niño coloree la comida en el mantelito individual.
3. Planee preparar la comida con su niño en los próximos días.

**La manera saludable y fácil de comer**

Sirva **frutas** y **verduras** en la mitad de su plato.

Sirva **leche** con sus comidas.



Sirva alimentos con **proteínas** en una cuarta parte del plato.

Sirva **granos** en una cuarta parte del plato.

## Menú

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