

Follow a Balanced Nutrition Plan

Healthy eating includes:

- **Mostly fruits and vegetables:**
Fresh, frozen or canned!
- **Whole grains:**
Oats, whole wheat bread and pasta, brown rice
- **Healthy proteins:**
Beans, nuts, eggs, fish, chicken, turkey, hummus
- **Small amounts of healthy oils:**
Canola, olive, corn
- **Small amounts of dairy:**
Plain milk, yogurt, cheese

Kid's Healthy Eating Plate



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**At meals, make half your plate fruits and vegetables.
Make the other half healthy proteins and whole grains.**

Limiting fast food is good for the whole family.

If you eat fast food once a week or more, think how you can cut back to less than once a week.

ChopChop online is full of fun, kid-friendly healthy cooking recipes and ideas.

Check it out! www.ChopChopFamily.org

Take time to enjoy meals together.

At least a few times a week, sit together and eat with all screens turned off.

Keep sweets and chips for special times,
not as every day foods.

