



Teach Your Kids To Be Food-wise

To create a personalized daily nutrition plan based on your child's age (2 or older), sex, height, weight and physical activity level, visit choosemyplate.gov/MyPlate-Daily-Checklist-input.



Snack Type

GO!	Serving sizes for fruits and veggies vary. Please refer to the American Heart Association's "What's a Serving?" infographic at healthyforgood.heart.org/addcolor/infographics/fruitsandvegetablesservingsizes
	Fresh fruit (apples, bananas, oranges, grapes, cherries, raisins, etc.)
	Fresh veggies (carrot or celery sticks, zucchini rounds, cherry tomatoes, cucumbers, etc.)
	Whole-grain, low-sugar cereals and snacks (tortilla chips, crackers, air-popped popcorn, etc.)
	Lean proteins (meat, fish, beans, eggs)
GO SLOW	Low-fat cheese and yogurts are packed with protein and calcium, and nuts are good sources of healthy fat, fiber and protein – all important to healthy bodies. But these are high in calories, so you can overdo a good thing. Watch portion sizes.
	Dried fruit (apples, apricots, peaches, pears, dates, prunes, raisins, cranberries, etc.)
	Low-fat cheeses and low-fat/low-sugar yogurts
	Nuts and nut butters
NO-GO	Foods that are cooked in oil, high in sugar and/or refined flour, or processed are typically nutrient-poor and low on the satiety index, which is why they promote obesity. These foods should be limited:
	Chips
	Candy
	Baked goods , white bread and other products containing refined flour
	Ice cream

