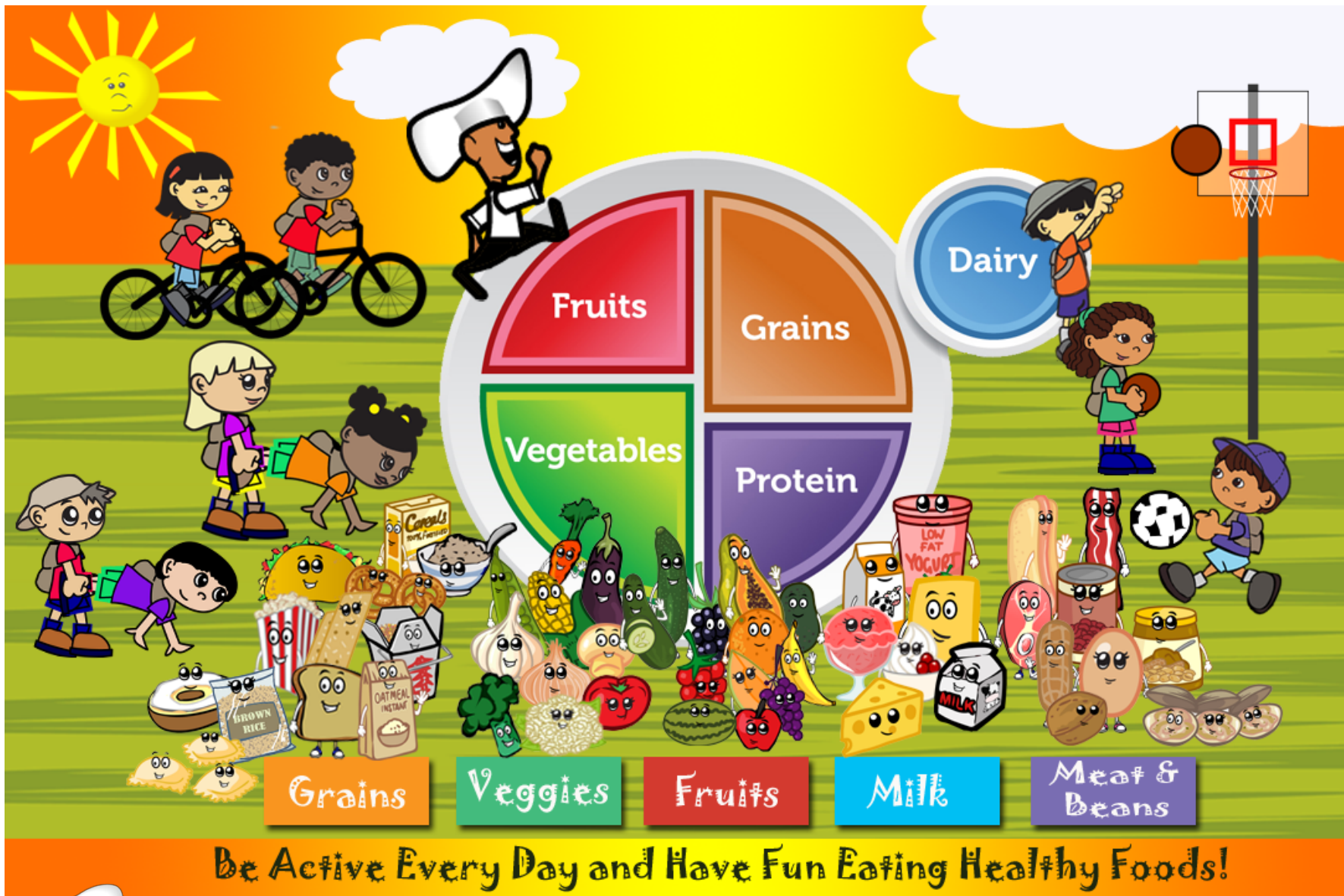


# The My Plate Fun - Healthy Food and Being Active



Visit [www.ChefSolus.com](http://www.ChefSolus.com) for healthy foods, creating balanced meals and being active, nutrition education games, puzzles, activities and more!  
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# My Plate - Food Group Servings and Amounts

Grains	Vegetables	Fruits	Dairy	Protein
<p><b>1 serving =</b> <b>1 ounce</b></p>	<p><b>1 serving =</b> <b>1/2 cup</b></p>	<p><b>1 serving =</b> <b>1/2 cup</b></p>	<p><b>1 serving =</b> <b>1 cup</b></p>	<p><b>3 serving =</b> <b>3 ounces</b></p>
<p><b>Make 1/2 your grains whole grains.</b></p> <p>Look for the words "100% <b>Whole grains</b>"</p> <p>1 ounce = 1 cup of cereal 1 slice of bread 1/2 cup of rice/ pasta</p>	<p><b>Veggies are the main source of Vitamin A</b></p> <p>Vary your veggies and don't forget green leafy and orange vegetables like spinach, broccoli and carrots.</p>	<p><b>Fruits are the main source of Vitamin C</b></p> <p>Eat a variety of fresh fruit.</p> <p>Fruit juice can have a lot of added sugar. so try to eat fresh fruits! When you do drink juice look for 100% fruit juice.</p>	<p><b>Milk provides calcium for strong bones and teeth</b></p> <p>Go low-fat or fat-free when you choose milk, yogurt, or cheese.</p>	<p><b>Choose lean meats and poultry</b></p> <p>Vary your protein choose more fish and beans,</p> <p>1 ounce = small handful of nuts 1 Tbsp peanut butter 1 egg 1/2 cup of beans</p>
<p>Find your balance between food and physical activity. Be physically active for at least <b>60 minutes every day</b>, or most days.</p>			<p><b>Limit Fats and Sugars.</b> Limit foods with added fats and sugars, they only add calories but no other nutrients.</p>	

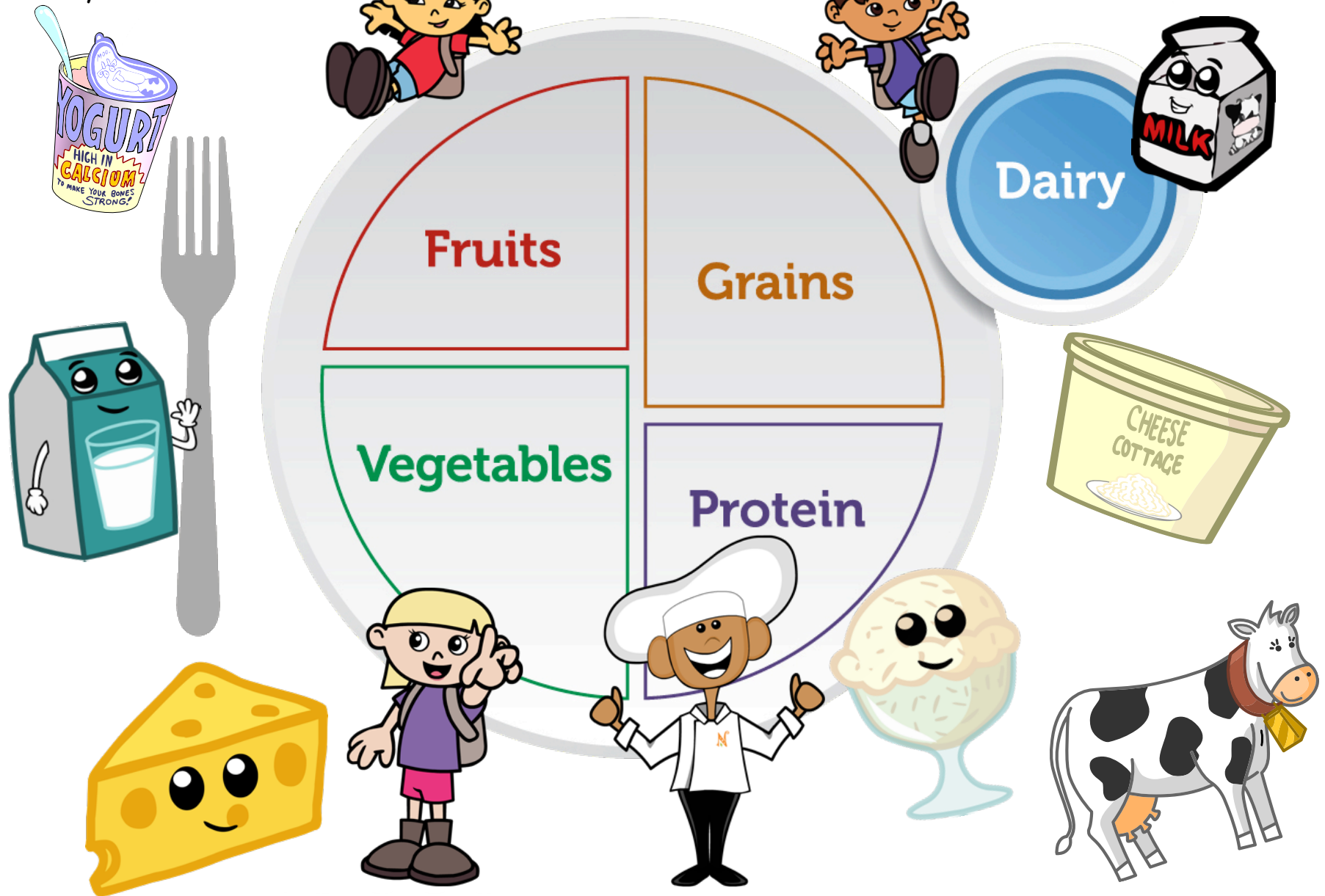
Visit [www.ChefSolus.com](http://www.ChefSolus.com) for printable food groups worksheets for kids, nutrition education games, mypyramid puzzles, activities and more food pyramid chart fun!  
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# Introducing The Milk Friends On My Plate



Can you name each food?

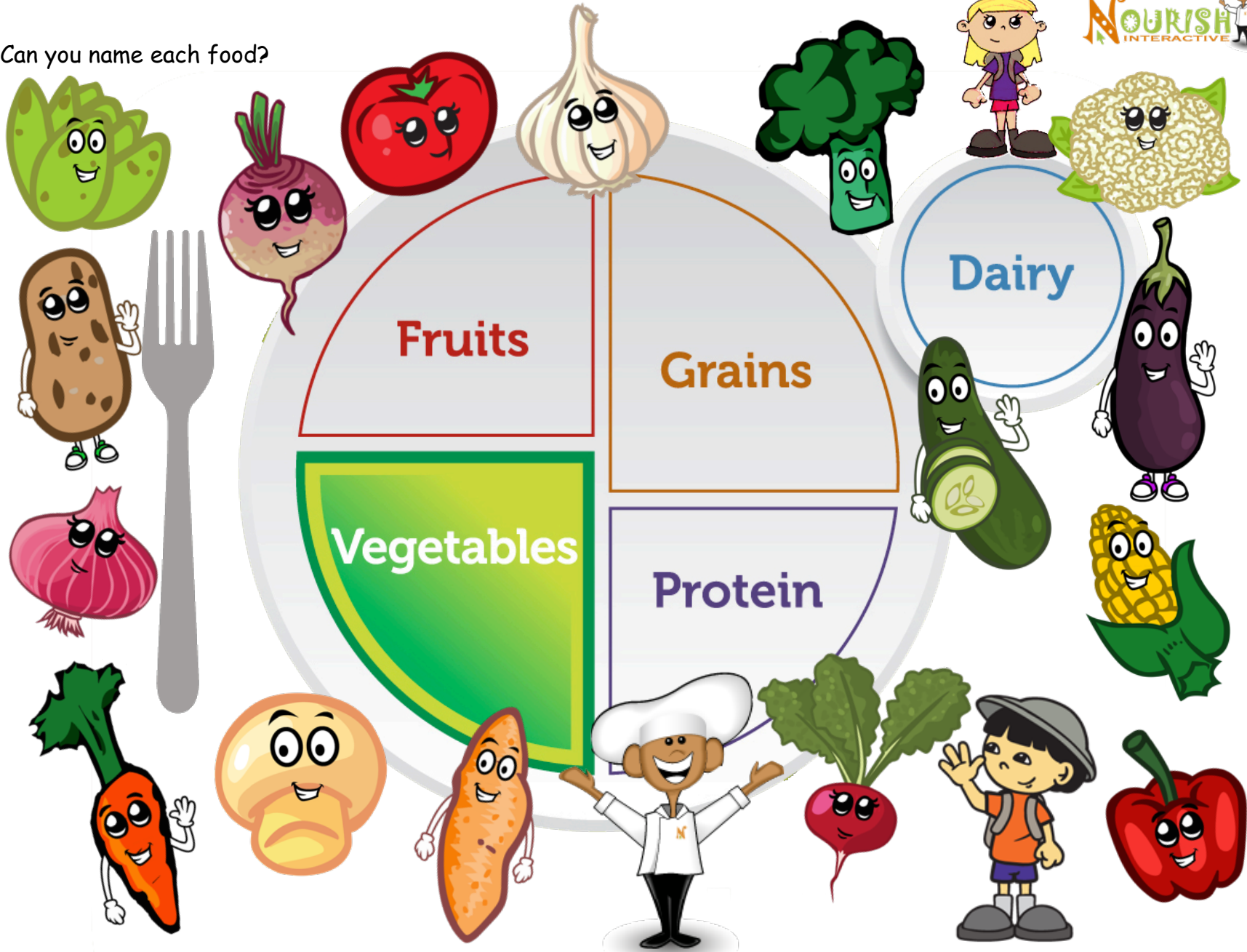




# Introducing The Vegetable Friends On My Plate



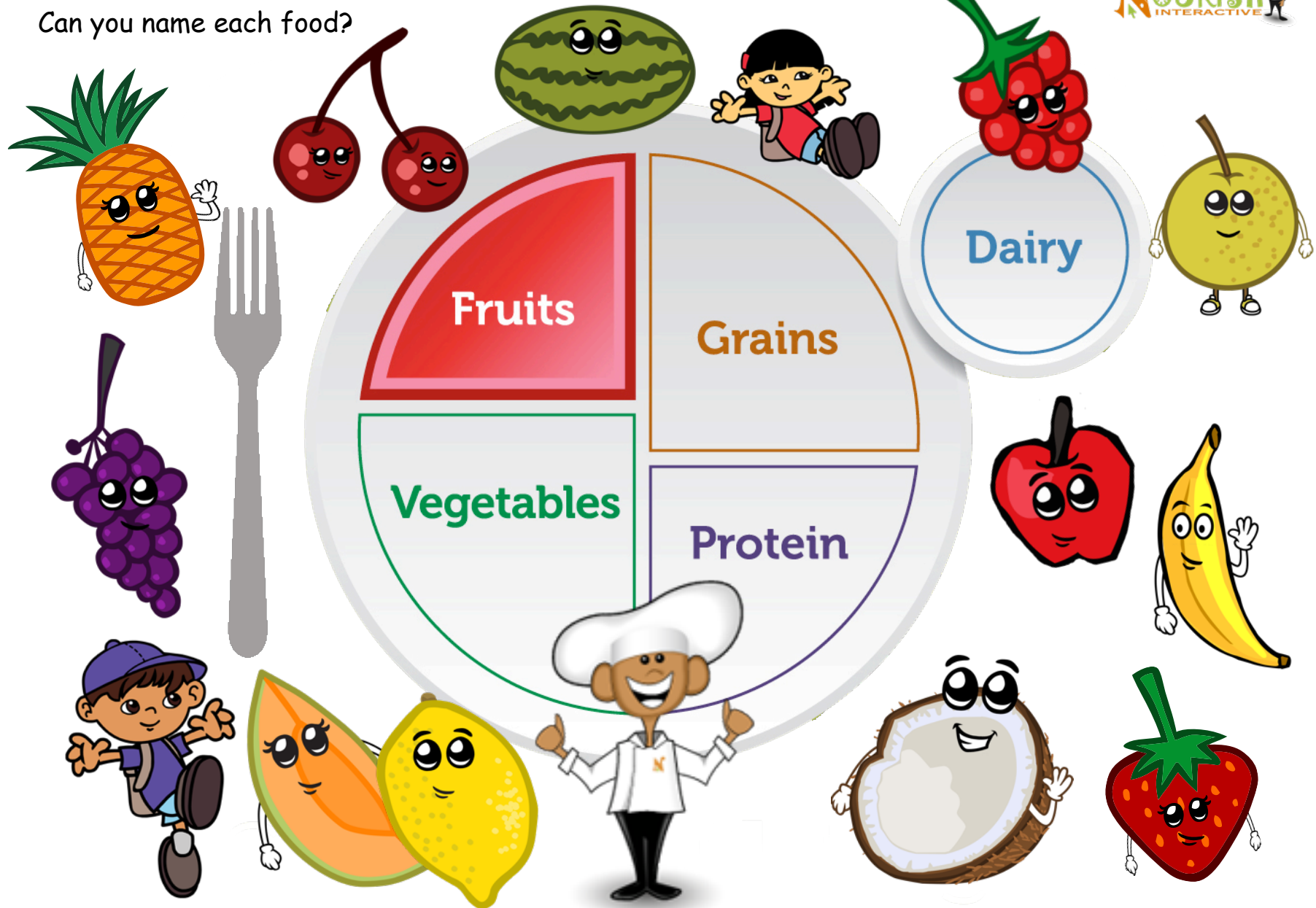
Can you name each food?



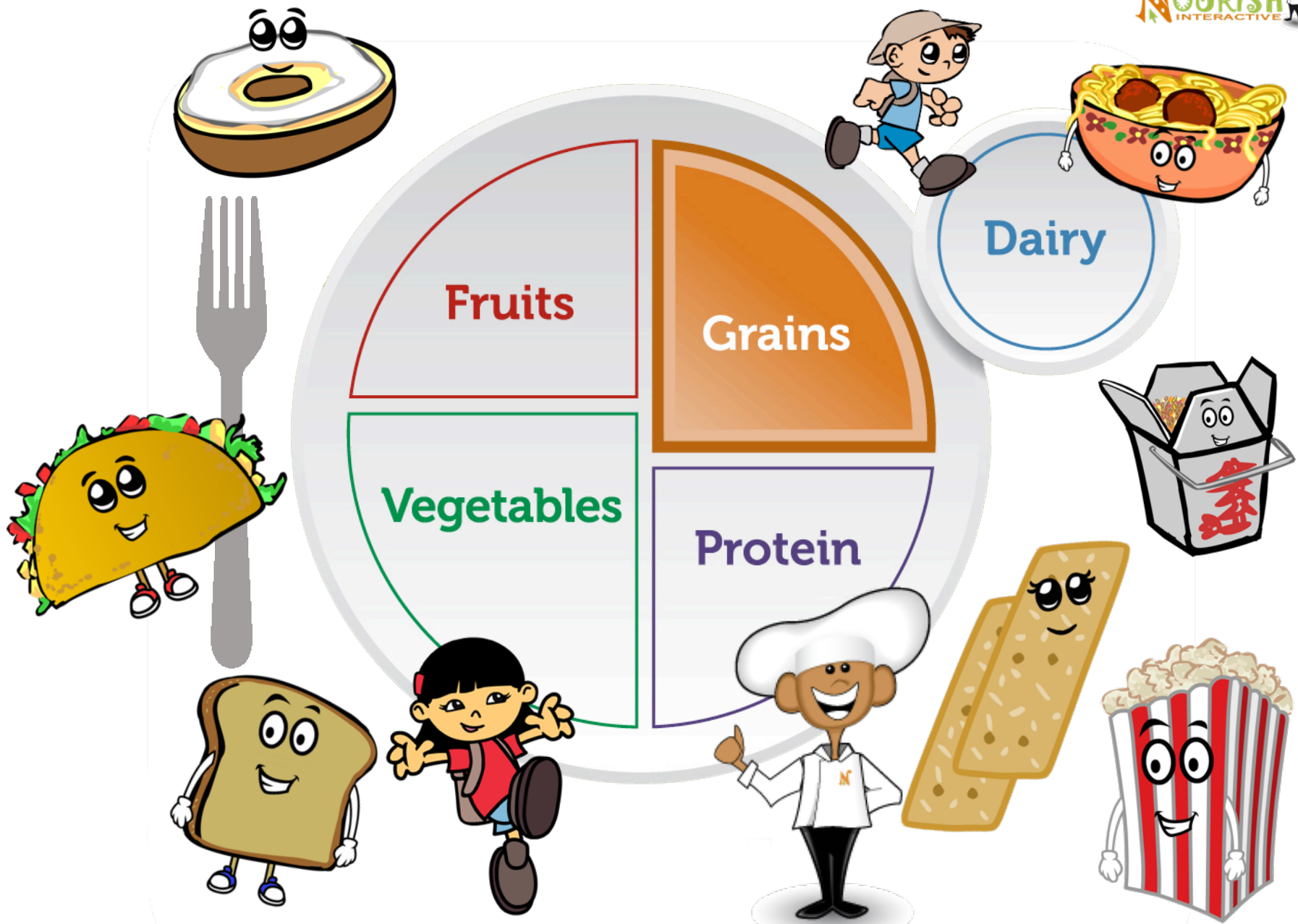
# Introducing The Fruit Friends On My Plate



Can you name each food?



# Introducing The Grain Friends On My Plate



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# Introducing The Protein Friends On My Plate



Can you name each food?

