

MyPlate California

For Children Ages 2-12

Make half of your child's plate vegetables and fruits, about one quarter whole grains and one quarter lean protein.

Fruit | focus on whole and cut-up fruits instead of fruit juice.

Offer a variety of colorful fruits. Choose from fresh, frozen, canned and dried fruits without added sugars.



Vegetables | include fresh, frozen or low-sodium canned vegetables of different colors.

Offer vegetables as snacks and include dark green, red and orange options.



Dairy | choose unsweetened fat-free (0%) or low-fat (1%) dairy or fortified soy products.

Read labels to select foods high in calcium, vitamin D and protein.



Whole grains | make at least half of your grains whole grains.

Offer 100% whole grain foods like cereals, breads, pastas, brown rice, corn tortillas and non-instant oats.



Protein | vary your choices and include vegetable proteins like lentils, beans, tofu, nuts or seeds.

Offer cooked fish low in mercury twice per week. Offer poultry, eggs or other lean meats with 15% fat or less. Limit processed meats like salami, hot dogs and bologna.

Tips:

- ▶ Add healthy fats like avocados, fish, seeds, nuts and plant oils like canola, safflower and olive oil to your meals.
- ▶ Offer water throughout the day.
- ▶ Serve fruits, vegetables, nuts and seeds for snacks instead of salty foods and sweets.



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Make mealtime family time by cooking, eating and talking together. Prepare fresh foods at home more often. Be patient with your child and try new foods many times. Let your child choose how much to eat. Use MyPlate to list the food groups or healthy lifestyle ideas that you want to work on with your child.

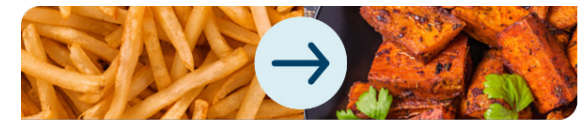
Food Group/Healthy Lifestyle Choice	Action Plan
Example: Dairy foods	Example: Offer a glass of fat-free milk with every meal.

If you need additional nutrition support for your child, ask your doctor to connect you with a Registered Dietitian/Nutritionist.

Shop Simple



MyPlate.gov



Fried Potatoes

Roasted Sweet Potatoes



Beverages with Added Sugars

Unsweetened Beverages



Cereal with Added Sugars

Cereal with Minimal Added Sugars

More healthy lifestyle ideas

- ▶ Grill, bake, broil, steam or microwave foods instead of frying.
- ▶ If you are breast/chest feeding, continue to do so if you and your child want.
- ▶ Read food labels to limit foods high in fat, sugar and salt (sodium) like chicken nuggets, pizza, fries, chips, cookies, cakes and sugar-sweetened beverages.
- ▶ Limit fruit juice to ½ cup per day of 100% juice with no added sugar.
- ▶ Offer new foods, like vegetables, with familiar flavors. Try adding a well-liked dip, dressing or seasoning.

Child Nutrition and Physical Activity: cdph.ca.gov/NUPA-infant-and-children