



## 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](http://choosemyplate.gov/MyPlate-Daily-Checklist-input).



### Snack Type

<b>GO!</b>	Serving sizes for fruits and veggies vary. Please refer to the American Heart Association's "What's a Serving?" infographic at <a href="http://healthyforgood.heart.org/addcolor/infographics/fruitsandvegetableservingsizes">healthyforgood.heart.org/addcolor/infographics/fruitsandvegetableservingsizes</a>
	<b>Fresh fruit</b> (apples, bananas, oranges, grapes, cherries, raisins, etc.)
	<b>Fresh veggies</b> (carrot or celery sticks, zucchini rounds, cherry tomatoes, cucumbers, etc.)
	<b>Whole-grain, low-sugar cereals and snacks</b> (tortilla chips, crackers, air-popped popcorn, etc.)
	<b>Lean proteins</b> (meat, fish, beans, eggs)
<b>GO SLOW</b>	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.
	<b>Dried fruit</b> (apples, apricots, peaches, pears, dates, prunes, raisins, cranberries, etc.)
	<b>Low-fat cheeses</b> and <b>low-fat/low-sugar yogurts</b>
	<b>Nuts</b> and nut butters
<b>NO-GO</b>	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:
	<b>Chips</b>
	<b>Candy</b>
	<b>Baked goods</b> , white bread and other products containing <b>refined flour</b>
	<b>Ice cream</b>

