



### MY PLATE AND YOURS TOO!



MyPlate is a tool that helps show us what kinds of foods we should eat every day and how much of those foods we should eat. Its message is simple: eating a variety of colorful foods from the five food groups at each meal will help your body stay healthy.

There are five color sections on MyPlate that represent the five main food groups.

The colors of each section show us the food groups we should eat at each meal for good health.

Visit [choosemyplate.gov](http://choosemyplate.gov) for more information on MyPlate.

### AT HOME ACTIVITY



#### Make Family Centered Changes

Changes that include the whole family means that you will all benefit from a healthier lifestyle.

#### Prepare Healthful Foods

When making your evening meals, think about the variety

of colored food items you are serving. Is the plate full of the same colors of food, such as noodles and bread? If so, what could you add to enhance the color of the meal and make it more attractive as well as more nutritious?

#### Plan and Prepare Meals Together

A variety of colors on your dinner plate can equal more nutrition and health benefits for you and your family. Ask your family about how to include more of the food groups from MyPlate when deciding which foods to eat for breakfast, lunch and supper.

### BE ACTIVE TOGETHER



Children and teens should strive to get 60 minutes of physical activity each day.

Try to involve the whole family in physical activity. Your child is more likely to be active if you are active. Have your family come up with a few activities you can do together.

Here are a few ideas to get you started:

- Frisbee®
- bowling
- hiking
- catching butterflies
- hopscotch
- kickball