

# MyPlate: How Do I Rate?

## For Health Professionals of 2–5 year olds

### MyPlate Can Be An Effective Tool for Parents

MyPlate, and the website ChooseMyPlate.gov, is an excellent tool for parents of kids of all ages. It is a visual that shows a plate with the five food groups in healthy proportions. For example, half the plate should be fruits and vegetables. That is a simple image and message parents can remember.

### MyPlate Key Messages

#### Balancing calories:

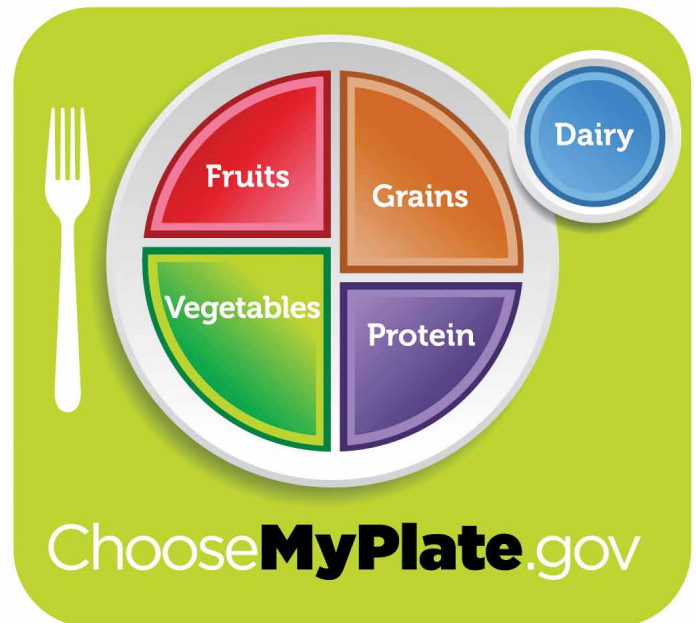
- Enjoy your food but eat less
- Avoid oversized portions

#### Foods to Increase:

- Make half your plate fruits and vegetables
- Make sure at least half your grains are whole grains
- Switch to fat-free or low-fat (1%) milk

#### Foods to reduce:

- Sodium – look at the labels on foods like soup, bread, and frozen meals and choose the foods with less sodium
- Sugary drinks – swap them with water



### Is Lactose Intolerance Common?

If children are lactose intolerant, encourage parents to try feeding their child small amounts of milk with a meal, or yogurt or cheese, which are generally more tolerable. Yogurt contains cultures that help break down lactose and on average contains less lactose per serving than milk.

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## Free Downloadable Handout for Parents (available in English and Spanish):

### English:

<http://www.choosemyplate.gov/preschoolers/HealthyEatingForPreschoolers-MiniPoster.pdf>

### Spanish:

<http://www.choosemyplate.gov/downloads/HealthyEatingForPreschoolers-MiniPoster-spanish.pdf>



## Encourage Parents to Visit [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov)

The [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov) website provides parents with practical 'how-tos' to put the USDA 2010 Dietary Guidelines recommendations of getting more fruits and vegetables, whole grains, and low-fat dairy foods onto the plate. The site has information for all age groups. It also includes information on the following topics for parents:

- Physical activity information
- Developing good eating habits
- Dealing with the picky eater
- Food safety



## Encourage Parents to Visit [www.KidsEatRight.org](http://www.KidsEatRight.org)

The Academy of Nutrition and Dietetics developed the [www.kidseatright.org](http://www.kidseatright.org) website to help parents shop smart, cook healthy, and eat right. Parents will find tips, articles, recipes, and videos, all contributed by registered dietitian nutritionists (RDN).

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