

# MyPlate: How Do I Rate?

## For Health Professionals of Children in 1st–5th grades

### MyPlate Can Be An Effective Tool for Parents

MyPlate, and the website ChooseMyPlate.gov, is a perfect tool for parents of kids of all ages. It is a visual that shows a plate with the five food groups on a placemat that suggests how we should eat the foods in relation to the plate. 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:

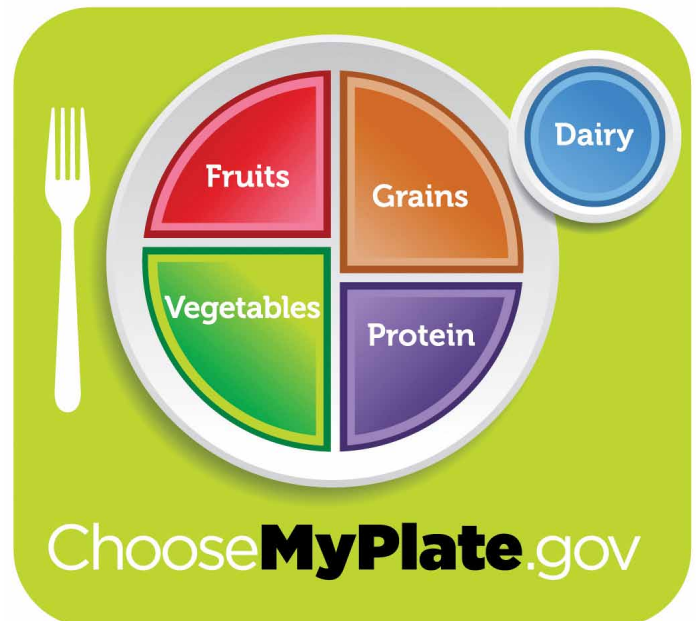
- Enjoy your food but eat less
- Avoid oversized portions

#### 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/downloads/mini\\_poster\\_English\\_final.pdf](http://www.choosemyplate.gov/downloads/mini_poster_English_final.pdf)

### Spanish:

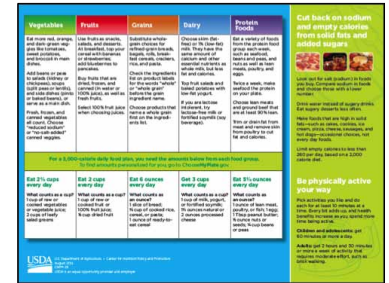
[http://www.choosemyplate.gov/downloads/mini\\_poster\\_spanish\\_final.pdf](http://www.choosemyplate.gov/downloads/mini_poster_spanish_final.pdf)



## 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
- Tips and recipes for specific groups



## 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 can search for information by age of their child, and the site includes many tips, articles, recipes, and videos.

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

MyPlate messages encourage children to develop good eating habits and help their parents in this effort. A new addition to MyPlate is the MyPlate Kids Place at [www.ChooseMyPlate.gov/Kids](http://www.ChooseMyPlate.gov/Kids). This site for school-age children includes activities, games, videos, songs, exercise, and more. What a great place for parents and kids to explore together!

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This tip sheet is provided by: