Help your kids eat healthy at home.

When you go food shopping, read the label.
Choose healthy foods.

» Choose 100% whole grain breads. The first ingredient on the label should start with “whole,” like “whole wheat flour.”

» Choose cereals that are low in sugar and made from whole grains. Read the label and look for rolled oats, whole wheat, brown rice, rye, barley, triticale or buckwheat. A cereal could be made from one or all of these grains. Oatmeal is a good choice.

» Choose chicken and fish instead of beef.

For healthy snacking, keep these foods in the refrigerator:

» A bowl of fruit. Try slices of apple, fresh berries, orange slices, or cut up pineapple or mango. Keep the bowl covered with plastic wrap to keep the fruit fresh.

» A bowl of fresh vegetables. Try cucumber sticks, carrots sticks, celery sticks, broccoli, slices of red pepper and green pepper, or slices of zucchini.

» Slices or chunks of low fat cheese.

» Non-fat or low fat yogurt for kids over 2 years old. It’s good alone or used as a dip for fruits and vegetables. Children under 2 can have yogurt made from whole milk.

» Non-fat or low fat milk for kids over 2 years old. It’s healthier than juice. Children under 2 should drink whole milk.

Do these simple things to make each meal healthier:

» Add 1 to 2 slices of low fat cheese to a sandwich.

» Serve milk or soy milk with meals.

» Make meals that have more vegetables and beans and less meat.

» Broil, bake, grill or steam your food.

Other easy tips for healthy eating:

» Give kids water to drink during snack time and when they’re thirsty. Serve milk with meals.

» Serve a healthy breakfast, such as whole grain cereal or toast, along with fruit and milk.

» Turn off the TV during meals and enjoy your meals together.

» Remember that kids will do what you do. If you make healthy choices, they will too!

» Go to www.mass.gov/MassInMotion to find more tips on healthy eating.

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Give your kids the right amount of food.

How much a child should eat depends on their age. This chart shows how much children should eat each day based on how old they are:

<table>
<thead>
<tr>
<th>Food</th>
<th>2-5 years old</th>
<th>6-10 years old</th>
<th>11 to 13 years old</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fruits</td>
<td>1 to 1 1/2 cups</td>
<td>1 to 1 1/2 cups</td>
<td>1 1/2 to 2 cups</td>
</tr>
<tr>
<td>Vegetables</td>
<td>1 to 1 1/2 cups</td>
<td>1 1/2 to 2 cups</td>
<td>2 to 2 1/2 cups</td>
</tr>
<tr>
<td>Grains</td>
<td>3 to 5 ounces</td>
<td>5 to 6 ounces</td>
<td>6 to 7 ounces</td>
</tr>
<tr>
<td>Dairy: low or non-fat</td>
<td>2 cups</td>
<td>2 to 3 cups</td>
<td>3 cups</td>
</tr>
<tr>
<td>Lean meats, fish, chicken, beans, legumes or eggs</td>
<td>2 to 4 ounces</td>
<td>4 to 5 ounces</td>
<td>5 to 6 ounces</td>
</tr>
</tbody>
</table>

How much is a cup of fruits or vegetables?
A cup is about the size of a baseball. Many oranges, apples and peaches are this size.
For vegetables, it’s good to remember that two cups of raw vegetables will cook down to about a cup.

How much is a cup of dairy?
One cup of dairy equals:
- 1 cup of low fat or non-fat milk or yogurt – the size of a baseball
- 1 1/2 ounces of cheese – 4 dice-sized pieces

What foods have an ounce of grain?
- 1 slice of whole grain bread
- 1/2 cup whole grain or enriched pasta or rice (You can tell it’s enriched because it will say “enriched” on the front of the box or bag.)
- 1 cup of whole grain cold cereal or 1/2 cup enriched cooked cereal

How much is an ounce of meat and other protein?
- 3 ounces of meat or fish is as big as a deck of playing cards.
Instead of meat, you can also feed your child:
- 1 egg
- 1-2 tablespoons peanut butter
- 1/4 cup cooked lentils or beans, navy beans or kidney beans