

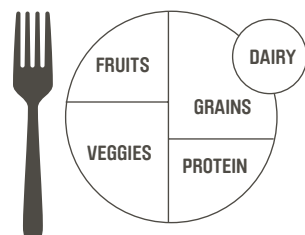
Food, Fun & Conversation

1 2 3 4 weeks to better family dinners



These are your “go-to” plates when you are unsure about what to make and are tired of having your home cooked food pushed aside. And when someone at the table says “I don’t like carrots, can I have something else”, you know just what list to let them choose from as a substitute. I keep mine on my refrigerator for easy reference and I check with the kids before I make something to make sure they agree they think they will like it.

1. Explain how my plate works to your children - it is all about a healthy balance and getting what you need for a day.
2. Let your kids choose from the lists the things that they like and place them on the plates where they would like them. Each color has a place. You may need to help them here to understand that they cannot have a whole plate of starch.
3. Once the plates are all filled in you can post in the kitchen for you and for your children to reference.
4. Check in regularly with your kids to make sure the list still holds - tastes change and that can be frustrating - better to know before you start cooking rather than after.
5. Optional: Take a cook book or go on line and start looking up some yummy recipes for one of the plates and plan the meal together. Print out the recipes for a plate you have created and put them on the fridge with the page so you know where to look when you are ready to cook.



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GRAINS

Whole Grains
Amaranth
Brown rice
Buckwheat
Bulgur (cracked wheat)
Millet
Rolled oats
Quinoa
Sorghum
Triticale
Whole grain barley
Whole grain cornmeal
Whole rye
Whole wheat bread, crackers, pasta, buns & rolls, tortillas

Wild rice
Refined Grains
Cornbread
Corn tortillas
Refined Grains
Cornbread
Corn tortillas
Couscous
Flour tortillas
Grits
Noodles
Pitas
White bread, buns & rolls
White rice
Pastas
Spaghetti
Macaroni

VEGGIES

Dark Green Vegetables
Bok choy
Broccoli
Collard greens
Dark green leafy lettuce
Kale
Mesclun
Mustard greens
Romaine lettuce
Spinach
Turnip greens
Watercress
Starchy vegetables
Cassava
Corn
Fresh cowpeas, field peas, or black-eyed peas
Green bananas
Green peas
Green lima beans
Plantains
Potatoes
Taro
Water chestnuts

Red & orange vegetables
Acorn squash
Butternut squash
Carrots
Hubbard squash
Pumpkin
Red peppers
Sweet potatoes
Tomatoes
Other vegetables:
Artichokes
Asparagus
Avocado
Bean sprouts
Beets
Brussels sprouts
Cabbage
Cauliflower
Celery
Cucumbers
Eggplant
Green beans
Green peppers
Iceberg lettuce
Mushrooms
Okra
Onions
Turnips
Wax beans
Zucchini

PROTEIN

Lean cuts of:
Beef
Ham
Lamb
Pork
Veal
Game Meats
Bison
Rabbit
Venison
Organ Meats
Liver
Giblets
Poultry
Chicken
Duck
Goose
Turkey
Ground chicken
Ground turkey
Soy Products
Tofu
Veggie burgers
Tempeh
Texturized vegetable protein (TVP)
Nuts and Seeds
Eggs
Beans and Peas
Bean burgers
Black beans
Black-eyed peas
Chickpeas (garbanzo beans)
Falafel
Kidney beans

Lentils
Lima beans (mature)
Navy beans
Pinto beans
Soy beans
Split peas
White beans
Seafood
Finfish
Catfish
Cod
Flounder
Haddock
Halibut
Herring
Mackerel
Pollock
Porgy
Salmon
Sea bass
Snapper
Swordfish
Trout
Tuna
Shellfish
Clams
Crab
Crayfish
Lobster
Mussels
Octopus
Oysters
Scallops
Squid (calamari)
Shrimp
Canned fish
Anchovies
Clams
Tuna
Sardines

FRUIT

Apples
Apricots
Bananas
Blueberries
Cantaloupe
Cherries
Grapefruit
Grapes
Honeydew
Kiwi fruit
Lemons
Limes
Mangoes
Nectarines

Oranges
Papaya
Peaches
Pears
Pineapple
Plums
Prunes
Raisins
Raspberries
Strawberries
Tangerines
Watermelon

DAIRY

Milk
Calcium-fortified soy milk (soy beverage)
Cheese
Yogurt

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You get to choose from 5 categories:

1. Dairy (like milk and cheese)
2. Protein (like meats and beans)
3. Grains (like bread and pasta)
4. Fruits (like apples and oranges)
5. Veggies (like carrots and celery)

Draw your dinner on your plate including each five categories.

Have fun!

