

Grains



MyPlate says make at least 50% of your grains whole. The Super Crew[®] knows you can do better –aim for 75% and you’ll be Super energized!

Hi, I'm Super Crew kid, Kira!

“Eat around 5-8 ounces every day and be super energized throughout the day.”

Serving size examples:

1 slice of whole grain bread (1 ounce equivalent) = size of a compact disc

½ cup of cooked rice or pasta (1 ounce equivalent) = size of a computer mouse

1 cup of ready-to-eat cereal (1 ounce equivalent) = size of a baseball



Instructions:

✓ **Choose your favorite whole grain foods and draw your selection onto the MyPlate Activity Sheet.**



Grain cereals



Brown Rice



Oatmeal



Buckwheat Pasta



Whole wheat Bread



Fruits and Vegetables

Color in Half your MyPlate with fruits and veggies and you'll feel great!



Hi, I'm Super Baby Abigail!

Eat 1½ to 3 cups of vegetables and 1 ½ to 2 cups of fruit every day to get a variety of vitamins and minerals!

Vegetables serving size examples:

✓ 1 cup of leafy vegetables = size of a baseball



Fruits serving size examples:

✓ ½ cup of fruit = 2 golf balls

✓ 1 medium fruit = size of a tennis ball



Instructions:

✓ Choose your favorite vegetable & fruit foods and draw your selection onto the MyPlate activity sheet.



Baked Sweet potato



Carrot or carrot juice



Red bell pepper slices



spinach and yellow tomato salad



100% fruit smoothie



4-6 oz orange juice



Honeydew melon and papaya slices



Strawberries & blueberries fruit salad



Apple



Protein

Go lean with protein to grow strong and move fast!



Hi, I'm Penny!

Eat 5-6 ounces every day to build strong muscles and move at Super speeds.

Serving size examples:

2-3 oz. of cooked meat/fish = size of a deck of cards



2 Tbsp. of peanut butter counts as 2 ounces = size of a ping pong ball



½ cup cooked beans = 2 ounce equivalents

1 egg = 1 ounce equivalent



Instructions:



Choose your favorite protein foods and draw your selection onto the MyPlate activity sheet.



Split pea soup



Grilled salmon



Red Kidney beans



Edamame



Grilled / lean chicken breast



Lentil Soup



Peanut butter



Eggs



Dairy & Calcium Sources

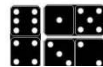
Choose low-fat or non-fat dairy, or non-dairy sources of calcium every day for strong bones!

Hi, I'm Carlos!

Eat 2-3 cups of low-fat milk or yogurt day to make your bones strong, jump up to the sky and make clouds. If you don't drink milk products, be sure to eat lots of fruits and vegetables as this can help prevent calcium loss.

Serving size examples:

2 oz. of cheese = size of 3 dominos



1 cup of milk or yogurt = size of baseball



Instructions:

✓ Choose your favorite dairy foods and draw your selection onto the MyPlate activity sheet.



Low-fat or fat free yogurt or cottage cheese



Dark leafy greens



Low-fat or non-fat milk, fortified soy milk



Calcium fortified orange juice



Low-fat or fat free cheddar cheese



Calcium fortified tofu



Low-fat frozen yogurt or ice-cream (on occasion)

Healthy Fats and Oils

When eaten in the right amounts
can help keep your heart pumping
strong!

Hi, I'm Marcus!

Make sure to consume healthier liquid fats to keep your brain and heart Super healthy!

- ✓ Marcus avoids solid saturated fats which are found in fatty meats, chicken skin, dark meat, pork and lamb. They are also hidden in many candy bars, cookies, cakes, some fruit roll-ups and bars.

Instructions:

- ✓ Can you spot the unhealthy fat below? Remember to choose healthy fats and don't eat big portions of these foods. Make sure you are cooking with canola, grape seed oil or olive oil. **You can add fat to one of the the food groups in you're MyPlate Activity Sheet. For example, avocado can be added to baked chips or almonds into a salad.**



Avocado



Walnuts



Solid butter or margarine (*instead use butter substitutes made from non-hydrogenated vegetable oils with little or no saturated fat*)



Olive, canola or
grape seed oil



Almonds

Stay Hydrated Don't look like a wilted flower



Hi, I'm baby Tom Tom!

Drinking water throughout the day helps me grow, be active and super healthy.

Drinking water can be easy, tasty and fun!

✓ **Review the fun and easy ways to drink water throughout the day!**



Drink at least one glass of water with breakfast!
Brew up some fruity herbal teas with your family to make different color water.



Carry your water in a fun, colorful bottle!



Pieces of fruits/veggies like orange or cucumber slices will add extra flavor to your water!



Instructions:

✓ **Write one way to drink more water on your MyPlate Activity Sheet.**