

# Kid's Healthy Eating Plate



Eating a variety of foods keeps our meals interesting and flavorful. It's also the key to a healthy and balanced diet because each food has a unique mix of nutrients—both macronutrients (carbohydrate, protein, and fat) and micronutrients (vitamins and minerals).

The **Kid's Healthy Eating Plate** provides a blueprint to help us make the best eating choices.

Along with filling half of our plate with colorful **vegetables** and **fruits** (and choosing them as snacks), split the other half between **whole grains** and **healthy protein**:



The more veggies – and the greater the variety – the better.

Potatoes and French fries don't count as vegetables because of their negative impact on blood sugar.



Eat plenty of fruits of all colors.

Choose whole fruits or sliced fruits (rather than fruit juices; limit fruit juice to one small glass per day).



Go for whole grains or foods made with minimally processed whole grains. The less processed the grains, the better.

Whole grains—whole wheat, brown rice, quinoa, and foods made with them, such as whole-grain pasta and 100% whole-wheat bread—have a gentler effect on blood sugar and insulin than white rice, bread, pizza crust, pasta, and other refined grains.



Choose beans and peas, nuts, seeds, and other plant-based healthy protein options, as well as fish, eggs, and poultry.

Limit red meat (beef, pork, lamb) and avoid processed meats (bacon, deli meats, hot dogs, sausages).