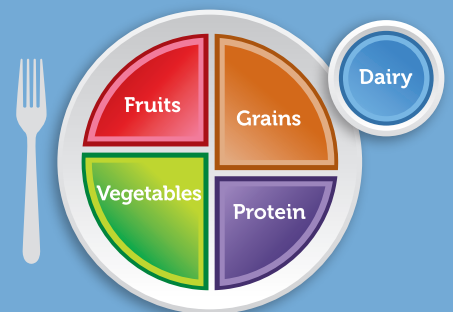




Make Each Plate a Healthy Plate

Make half your plate veggies and fruits, add lean protein, include whole grains and don't forget the dairy.



PREVENT. PROMOTE. PROTECT.

Developed by Healthy Children Healthy Weights at Columbus Public Health

For information about these materials visit www.publichealth.columbus.gov



THE CITY OF COLUMBUS
MICHAEL B. COLEMAN, MAYOR

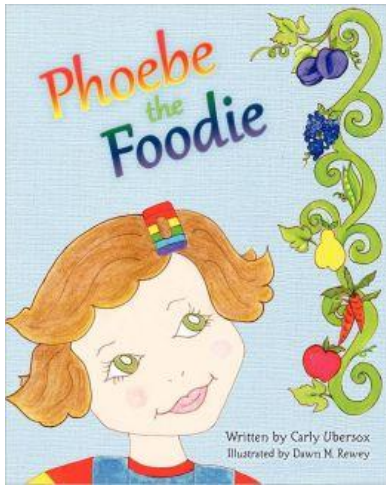
COLUMBUS PUBLIC HEALTH



HEALTHY FAMILIES: BOOK OF THE MONTH



Make Each Plate a Healthy Plate ★★★★★★★★★★★★★★★★★★



Title
Phoebe the Foodie

Author
Carly Ubersox

Summary

With Phoebe it's sure to be an inspiring, delicious and colorful adventure. Join her as she opens her eyes to the simple pleasures of fresh, whole foods and discovers a rainbow of tastes just waiting to be enjoyed! See how this picky eater becomes a foodie—someone who is devoted to the wonderful variety of good food—in her own multicolored way. This story is not just about a young kid's healthy eating, it's also about a family engaging their child's creative side and enjoying real food in all its varieties.

To borrow a free copy, visit the Public Library of Cincinnati and Hamilton County to find a library branch near you at <http://www.cincinnati.library.org/>. This book is also available in stores and online.



HEALTHY FAMILIES: TIPS OF THE MONTH



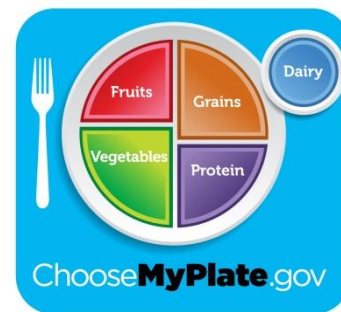
Make Each Plate a Healthy Plate ★★★★★★★★★★★★★★★★★★

The Healthy MyPlate

The United States Department of Agriculture (USDA) MyPlate has five components that make up a balanced meal. It is important to become familiar with appropriate portion sizes and recommended amounts of each food group your child needs to ensure adequate growth and instill healthy eating habits.

Recommendations

The MyPlate graphic shows half of the plate filled with fruits and vegetables, a quarter of the plate filled with a lean protein, a quarter of the plate filled with a grain or starch, and a dairy item. Use this helpful tool to help guide you in planning meals that include all five food groups.



What You Can Do

1. Encourage children to try new or less preferred foods without fear of having to finish everything on the plate.
2. Follow the Division of Responsibility—the adult is responsible for the what, when, and where; the child is responsible for how much and whether or not they want to eat the food offered.
3. Model healthy eating behaviors in front of children; let them see you eat vegetables and new foods often. Offer positive praise as a reward when less preferred foods are tried.

For more information on Make Each Plate a Healthy Plate:

1. United States Department of Agriculture | Choose MyPlate—
<http://www.choosemyplate.gov/food-groups/>
2. National Heart, Lung, and Blood Institute | We Can Parent Tips—
<https://www.nhlbi.nih.gov/health/educational/wecan/tools-resources/parent-tip-sheets.htm>
3. United States Department of Agriculture | What's Cooking? USDA Mixing Bowl—
<http://www.whatscooking.fns.usda.gov/>

Adapted from: Columbus Public Health—Healthy Children, Healthy Weights Program



HEALTHY FAMILIES: ACTIVITY OF THE MONTH



Make Each Plate a Healthy Plate ★★★★★★★★★★★★★★★★★★

Take a Tour

Use shopping and meal times as a learning opportunity to teach your child about the different foods groups and where food grows. Take the family on a tour of a local farm, or take a trip to your local farmers' market and invite your child to pick out a new fruit or vegetable to try. Make a game out of it, and as a family, choose one fruit or vegetable of each color of the rainbow (For example; cherries, orange pepper, squash, asparagus, blueberries and eggplant).

Decorate Your Healthy Plate

Another fun way to engage your child in learning the food groups is to have him/her decorate their own "Healthy Plate" placemat for each member of the family. The United States Department of Agriculture's *Choose MyPlate* website (<http://choosemyplate.gov/>) has a variety of free printable handouts available for helping your child learn. Talk with your children at mealtimes about the foods being served and what food groups are on the table.



buttons & bows pasta

Ingredients

2 cups dry whole-wheat bowtie pasta (farfalle)
(8 ounces)

1 tablespoon olive oil

1 teaspoon garlic, minced (about 1 clove)

1 bag (16 ounces) frozen peas and carrots

2 cups low-sodium chicken broth

2 tablespoons cornstarch

1 tablespoon fresh parsley, rinsed, dried, and chopped (or 1 teaspoon dried)

1 medium lemon, rinsed, for 1 teaspoon zest (use a grater to take a thin layer of skin off the lemon)

$\frac{1}{4}$ teaspoon ground black pepper



1. In a 4-quart saucepan, bring 3 quarts of water to a boil over high heat.
2. Add pasta, and cook according to package directions. Drain.
3. Meanwhile, heat olive oil and garlic over medium heat in a large sauté pan. Cook until soft, but not browned.
4. Add peas and carrots. Cook gently until the vegetables are heated through.
5. In a bowl, combine chicken broth and cornstarch. Mix well. Add to pan with vegetables, and bring to a boil. Simmer gently for 1 minute.
6. Add parsley, pasta, lemon zest, and pepper. Toss gently, and cook until the pasta is hot.
7. Serve 2 cups of pasta and vegetables per portion.

Yield 4 servings, **Serving Size** 2 cups pasta and vegetables, **Calories** 329, **Total Fat** 6 g, **Saturated Fat** 1 g, **Cholesterol** 0 mg, **Sodium** 127 mg, **Total Fiber** 9 g, **Protein** 13 g, **Carbohydrates** 59 g, **Potassium** 331 mg



National Heart, Lung,
and Blood Institute

Tasty Tostadas



Ingredients

- 2 cups shredded romaine lettuce
- 4 tostada shells
- 2 cups chopped cooked chicken breast
- 1 cup prepared salsa
- ½ cup drained, no salt added canned corn
- ½ cup drained, low sodium canned black beans
- ¼ cup shredded reduced fat Cheddar or Monterey Jack cheese

Preparation

1. Place ½ cup shredded romaine lettuce on each tostada shell.
2. Put chicken and salsa in a small bowl and stir.
3. Spoon about ½ cup chicken mixture onto each tostada.
4. Top each tostada with 2 tablespoons corn, 2 tablespoons black beans, and 1 tablespoon cheese. Serve.

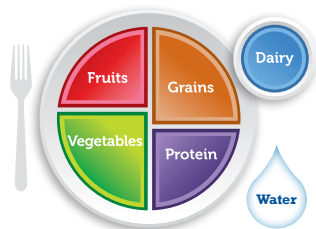
Makes 4 servings. *One serving equals 1 tostada.*

Preparation time: 15 minutes

Helpful Hint: Keep this recipe low in fat. Use skinless chicken breast. Try roasting, baking, grilling, or microwaving your chicken instead of cooking it with oil.

Network for A Healthy California: Kids...Get Cookin'! Fast and Fun Recipes
Available at: www.cdph.ca.gov

Make Each Plate a Healthy Plate



Measure The Right Amount Of Food With Your Hands!

Note to adults preparing meals for children: Use your child's hand to measure portion sizes.



PALM OF HAND
Amount of lean meat



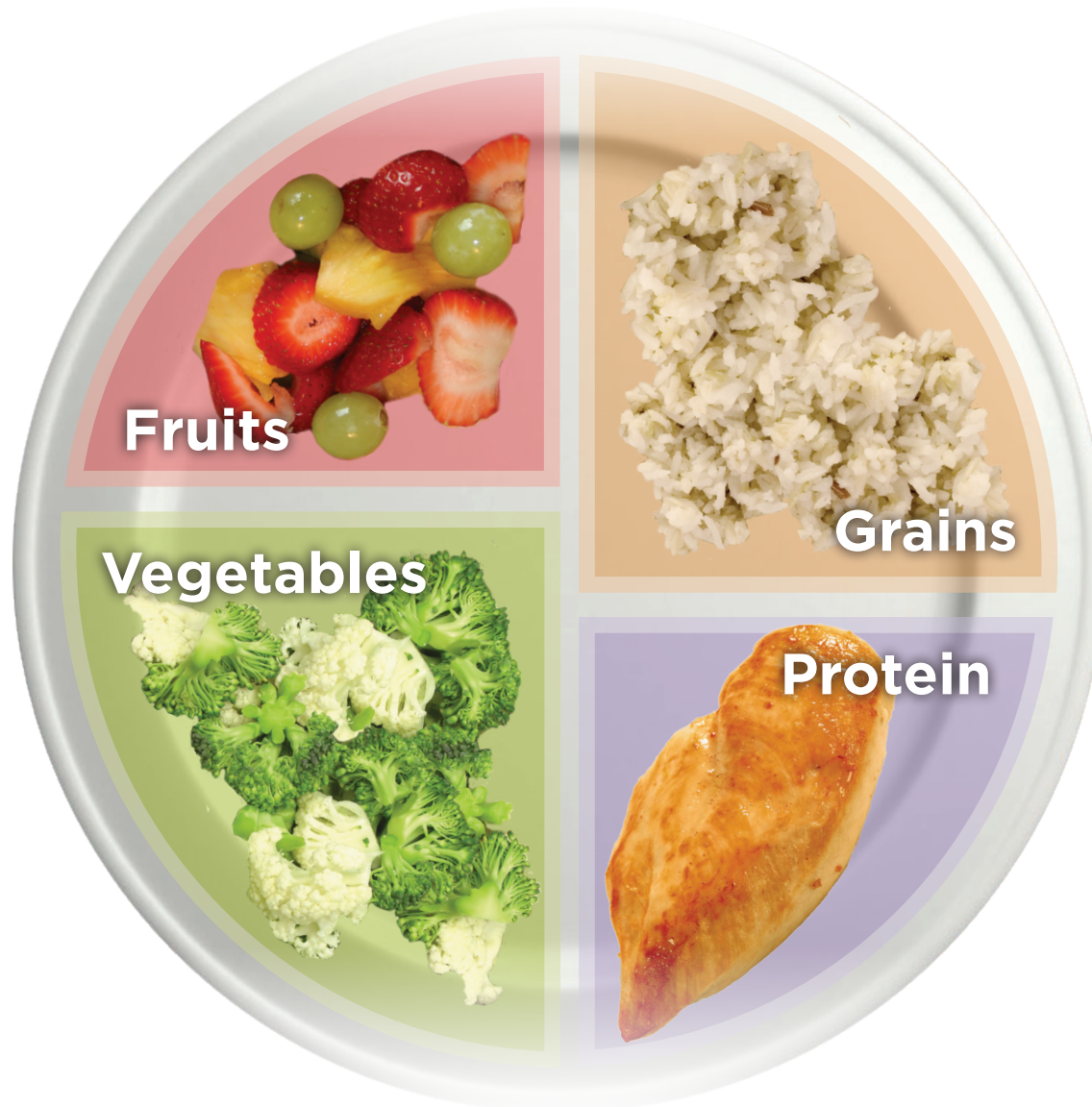
A FIST
Amount of rice, cooked pasta or cereal



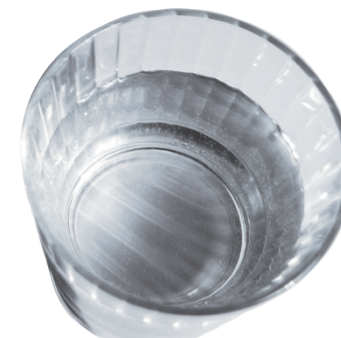
A THUMB
Amount of cheese



THUMB TIP
Amount of peanut butter



Dairy



Water

Choose Healthy Foods



Fruits

Eat whole fruit instead of drinking juice.



Grains

Eat more **whole** grains:

- Whole grain cereals
- Whole wheat bread
- Barley
- Wild rice
- Quinoa
- Oats



Vegetables

Eat more red, orange and dark green vegetables like tomatoes, sweet potatoes and broccoli.



Protein

Choose lean protein:

- Nuts & nut butters
- Chicken
- Fish
- Soy foods
- Lentils
- Beans



Dairy

Have a cup of fat-free or low-fat dairy foods with each meal.



Water

Water First for Thirst!
Drink water instead of sugary drinks like soda pop, sports drinks and fruit drinks.



Foods to Eat Less Often:

