



Building MyBody

Third-grade nutrition education newsletter

Lesson **1**

Getting to know MyPlate

Your child learned about essential nutrients in class—carbohydrates, fats, protein, vitamins, minerals and water. MyPlate helps us choose what to eat so that we get all of the essential nutrients we need. Your child watches what you do. If they see you eating some of the foods below, they are more likely to do so, too.

Whole grains: Make at least half your grains whole grains

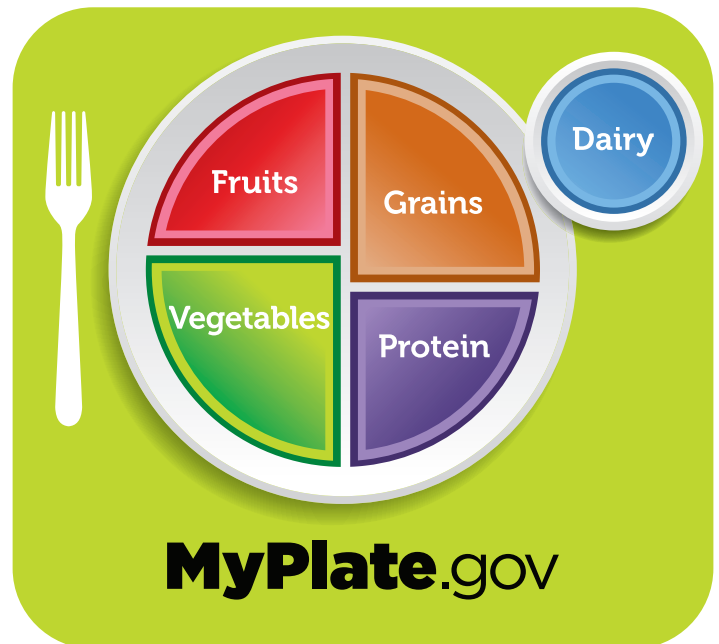
Choose whole grains more often because they have more fiber, vitamins and minerals.

What can you do to offer more whole grains?

- Serve whole-wheat bread and whole-grain breakfast cereals.
- Offer air-popped or reduced fat popcorn as a snack.

Make half your plate fruits and vegetables.

Fruits and vegetables have fiber, vitamins like vitamins A and C and minerals. Vary your veggies by eating different colors and types. Choose dark green (spinach, broccoli, greens such as collard, mustard, turnip and kale, and dark green lettuce such as romaine), orange vegetables (carrots, sweet potatoes and acorn or butternut squash) and red vegetables (tomatoes, peppers), as well as beans and peas (such as split peas, black-eyed peas, soybeans and black, garbanzo, kidney, pinto and beans). Choose fresh, frozen, canned (in juice) and dried fruits.



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What can you do to offer more fruits and veggies?

- Put a fruit bowl on a table or counter. Keep cut-up fruit in the refrigerator.
- Ask your kids to help choose or prepare fruits and veggies for meals.

Dairy: Switch to fat-free or low-fat (1 percent) milk

Calcium is an important mineral, especially for young children, but we all need to “feed our bones” with high-calcium foods.

What can you do to offer more high-calcium foods?

- Make a smoothie with low-fat milk or yogurt.
- Top a baked potato with cheese
- Make a yogurt dip for veggies
- Add cottage cheese to salads
- Try non-dairy milks such as soy, oat, or almond if you can't drink milk

Protein foods: Go lean with protein

Most people eat enough foods from this group but it is important to make leaner choices and select a variety of foods. Iron, an important mineral, is found in meat and beans.

What can you do to offer more lean protein?

- Choose leaner meats, take the skin off chicken before eating, cut fat off meat and bake, broil or grill meat instead of frying.
- Make vegetable-based dishes, such as a tacos with beans or a stir-fry with tofu or edamame.

Water

Don't forget water! Our bodies can't survive without it, and it is refreshing!

Recipe

Stack and Snack the 5 Food Groups

Recipe from: Becky Roark, NPA, Southwest Region

Adults: You can make this snack with your kids. It has foods from all the food groups. To teach your children the importance of food safety, wash your hands along with your children, scrubbing for 20 seconds, or as long as it takes to sing the ABCs.

Ingredients:

- Turkey pepperoni (lower in fat than regular pepperoni)
- Low-fat cheese slices
- Spinach leaves*
- Whole-grain crackers
- Orange juice

How to make it:

1. Wash hands and surfaces.
2. Wash and dry the spinach leaves.
3. Cut cheese slices so they fit on the crackers.
4. Stack the pepperoni, cheese and spinach leaves on the crackers.
5. Serve with orange juice.
6. Refrigerate leftovers immediately.

*Consider locally grown spinach. Go to <https://showmefood.org/> to find farmers markets, food pantries, local farmers and more.

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For more information, call MU Extension's Show Me Nutrition Line at 1-888-515-0016.

Need help stretching your food dollars? Contact your local resource center or go online to mydss.mo.gov/food-assistance