

WHAT WILL I DO DIFFERENTLY?

1. There are new, healthy food choices I can add to my shopping list to serve my family at meal and snack times:

MILK & MILK PRODUCTS 2-3 Servings a day	MEATS, BEANS, & NUTS 2 Servings a day	VEGETABLES 3 Servings a day	FRUITS 2 Servings a day	BREADS, CEREALS, & GRAINS 6 Servings a day

2. There are ways I can encourage myself and my family to engage in more physical activity :

3. I will work to better establish and model these healthy habits in my child by [Check all that apply]:

- Serving Healthy snacks to my child
- Serving my child breakfast each morning
- Making healthier choices at fast food or other restaurants
- Preparing meals and snacks with my child at home
- Serving higher-calorie, high-fat foods less often or in small amounts
- Other _____





Visit the Meals Matter site:
at www.mealsmatter.org
to access a wide variety of recipes and
information that will help you plan healthy,
good-tasting meals for your family.



MAKING MEALS MATTER



FOR

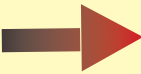
YOUR YOUNG CHILD





S H O P P I N G

- A. To decide if your child is eating enough nutritious food, put a CHECK \checkmark by the foods your child usually eats on most days.
- Foods in the lighter shaded areas are lower in calories than foods in the darker shaded areas.
 - Rule of thumb 2-3 years olds : two-thirds of adult portion; +4 year olds : same as adult.



MILK & MILK PRODUCTS 2-3 Servings a Day	
1 Serving = 1 cup of milk, 1 cup of yogurt, 1½ ounces cheese	
___	fat free milk
___	ice milk
___	lowfat cheese
___	lowfat cottage cheese
___	lowfat milk
___	lowfat yogurt
___	mozzarella cheese
___	nonfat yogurt
___	reduce fat cheese
___	string cheese
___	cheese
___	custard
___	flan
___	frozen yogurt
___	hot chocolate
___	ice cream
___	lowfat chocolate milk
___	milkshake
___	pudding
___	reduced fat milk
___	whole milk
Does your child eat at least 2-3 serving a day? YES <input type="checkbox"/> NO <input type="checkbox"/>	



MEATS, BEANS, & NUTS 2 Servings a Day	
1 Serving = 2-3 ounces of cooked meat ½ Serving = about ½ cup beans, 1 egg. 2 Tbs peanuts butter	
___	chicken (light meat, no skin)
___	dried beans
___	dried peas
___	eggs
___	fish (baked, broiled)
___	lean beef
___	lean ham
___	lean pork
___	refried beans (canned)
___	tofu
___	tuna
___	tukey (no skin)
___	beef
___	chicken (with skin)
___	chicken nuggets
___	fish sticks
___	fried chicken
___	fried fish
___	lamb
___	peanut butter
___	pork chop
___	ribs
___	sausage
Does your child eat at least 2 serving a day? YES <input type="checkbox"/> NO <input type="checkbox"/>	



G F O R F O O D S T O

B. Look at the food groups where you checked **NO**. (CIRCLE :

- New foods you plan to offer your child.
- Foods your child now eats as a reminder to serve them more often



VEGETABLES 3 Servings a Day

1 serving = ½ cup chopped raw or cooked vegetables. 2 cooked broccoli spears, 7-8 celery sticks

- bean sprouts
- bok choy
- broccoli
- cabbage
- carrots
- cauliflower
- coleslaw
- corn
- cucumber
- green beans
- kale
- lettuce
- squash
- mushrooms
- tomato
- vegetable juice
- vegetable soup
- zucchini



- avocado
- french fried
- hash browns
- potato
- potato puffs
- potato salad
- tempura vegetables

Does your child eat at least 3 serving a day?

YES NO

FRUITS 2 Servings a Day

1 serving = 1 medium fruit, ½ cup fruit, ¾ cup of 100% juice

- apple
- apricots
- banana
- berries
- cantaloupe
- dried fruit
- fruit cocktail
- grapefruit
- grapes
- kiwi
- mango
- orange
- other melon
- papaya
- peach, nectarin
- pear
- pineapple
- plum
- tangerin
- watermelon

- fruit juice (100%)
- raisins

Does your child eat at least 2 serving a day?

YES NO



C. Look at the foods you have circled. Think about when you will serve these foods. Mealtimes? Snack times? Be sure to add the foods you've circle to your shopping list ... and don't forget to add those foods you run out of often!

BREADS, CEREALS, & GRAINS
6 Servings a Day

1 serving = 1 slice of bread, ½ cup oatmeal, rice or pasta, 2-3 graham crackers

- bagel
- dry cereal
- English muffin
- enriched white bread
- graham crackers
- grits
- hamburger bun
- hot dog bun
- Mexican sweet bread
- oatmeal
- pasta and pasta salad
- pita bread
- rice
- roll
- tortillas
- whole grain bread
- whole wheat crackers

- biscuits
- corn bread
- French toast
- granola
- muffins
- pancake
- pizza crust
- ramen noodles
- waffle

Does your child eat at least 6 serving a day?
 YES NO

EXTRAS

- bacon
- barbecue sauce
- butter, margarine
- cake
- catsup
- chips
- chocolate candy
- cookies
- cream cheese
- cream sauce
- donut
- frozen pops
- fruit drinks, punch
- gelatin dessert
- granola bar
- gravy
- hard candy
- honey
- jam, jelly
- mayonnaise
- mustard
- pastry, pie
- pickle relish
- pickles
- salad dressing
- soft drinks
- sour cream
- sugar
- syrup
- toco sauce
- toaster pastry
- whipped cream

