

What's for Dinner? Healthier Choices Made Easier

Vary your protein foods. Include beans and peas at dinner at least once a week.

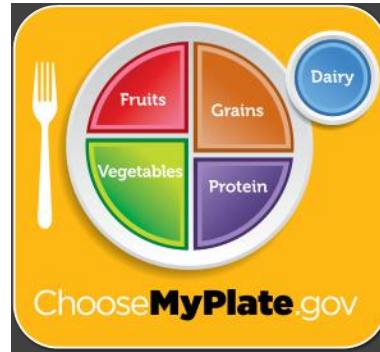


- Dairy** fat-free milk
low-fat cheddar cheese
- Fruits** kiwi
strawberries
bananas
- Vegetables** onions, carrots,
corn, red bell pepper, sweet potato, tomatoes
- Grains** cornbread
- Protein** black beans

Make half your grains whole grains. They are good for your heart and digestion and can help you maintain a healthy weight and good overall health.



- Dairy** fat-free milk
- Fruits** orange slices
- Vegetables** red and green cabbage, leaf lettuce, carrots, tomatoes
- Grains** whole-wheat tortilla
- Protein** baked fish (or chicken)



Tips for Families With School-Age Children

Make half your plate fruits and vegetables—on a budget

- Fresh, frozen, and canned fruits and vegetables are all smart choices. Look for sales and buy some of each to last until your next shopping trip.
- Choose frozen vegetables that do not have added fat, salt, or sugars.
- Buy canned fruits packed in "100% juice" or water.
- Look for canned vegetables that say "No added salt."

Start every day the whole-grain way

- Serve whole-grain versions of cereal, bread, or pancakes at breakfast.
- Whole grains with more fiber will help your kids feel fuller longer so they stay alert in school.
- Choose foods with "100% whole wheat" or "100% whole grains" on the label. Or check the ingredient list to see if the word "whole" is before the first ingredient listed (for example, whole-wheat flour). If it is, it's whole grain.

Milk matters

- Children of every age, and adults too, need the calcium, protein, and vitamin D found in milk for strong bones, teeth, and muscles.
- Drink fat-free or low-fat (1%) milk at meals.
 - If you're lactose intolerant, try lactose-free or lactose-reduced milk or calcium-fortified soy beverages.

Eat your colors. Offer dark-green, red, or orange vegetables at dinner.



- Dairy** fat-free milk
Parmesan cheese
- Fruits** peaches
- Vegetables** broccoli
tomato sauce
- Grains** whole-wheat pasta
- Protein** lean (90% or leaner) ground beef

Strong bodies need strong bones. Offer fat-free or low-fat (1%) milk at meals.



- Dairy** fat-free milk
- Fruits** pineapple
- Vegetables** green lettuce salad, carrots, tomatoes, green onions
- Grains** brown rice
- Protein** pork trimmed of fat (or skinless chicken breast)