

Kid's Healthy Eating Plate



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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.

- ✦ The more veggies – and 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 fruit in all colors. Choose whole or sliced fruit rather than fruit juices.
- ✦ Go for whole grains or foods that are made with minimally processed whole grains. The less processed the grains, the better.
- ✦ Whole grains – whole wheat, brown rice, quinoa – have a gentler effect on blood sugar and insulin than white 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).
- ✦ It is also important to remember that fat is a necessary part of our diet, and what matters most is the type of fat we eat.
- ✦ Use healthy oils from plants like extra virgin olive oil, sunflower oil, or corn oil in cooking, on salads, and vegetables, and at the table.
- ✦ Limit butter to occasional use.