Be wise about your PORTION SIZE

Meal Planning Tips

Most of your fats should come from vegetable oils such as canola, corn,

olive, peanut, safflower, soybean, and sunflower.

Limit foods high in saturated fats such as butter, cream, lard, fatty meats, bacon, sausage, coconut, coconut oil, palm oil, and palm kernel oils.

Check the Nutrition Facts label to limit saturated fat and sodium.

Choose food and beverages low in added sugars. Added sugars contain calories with few, if any nutrients. Drink water instead of sugary drinks.

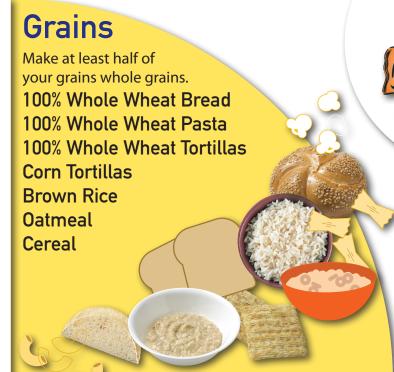
Prevent Choking

Do not give children under 4 years of age the following foods: popcorn, nuts, seeds, large chunks of meat or cheese, hard pieces of vegetables or fruits (fresh or dried), hard candies, marshmallows, chips, whole grapes, and fish or meat with bones. Peanut butter or nut butter can cause choking. Peanut butter or nut butter should only be given when spread thinly on crackers or toast; or thinned and blended into foods.

Make half of your plate Fruits and Vegetables.
The rest of your plate should have foods from
Grains, Protein Foods, and Dairy.









For adults and children 2 years and older, drink 1% lowfat or fat free milk.

CHEESE

Yogurt

