



Healthy Meals with MyPlate



Preschoolers need foods from all five food groups to grow and be healthy. The five food groups on MyPlate are: Vegetables, Fruits, Grains, Protein Foods, and Dairy.

Planning meals and snacks that include foods and drinks from all of the food groups is important. This helps your child get the nutrients he or she needs for good health. Offer your child foods and drinks with fewer added sugars, sodium, and saturated fats.

Help Your Child Learn About MyPlate

At child care, we use MyPlate to help children learn about healthy eating. Here are some easy and fun ways you can teach about MyPlate at home:

- Find free MyPlate activities at <https://teamnutrition.usda.gov>.
- Be a healthy role model. Show your child how you fill half your plate with fruits and vegetables.
- At meal time, talk with your child about the foods you are eating. Name the MyPlate food groups represented on your plate.