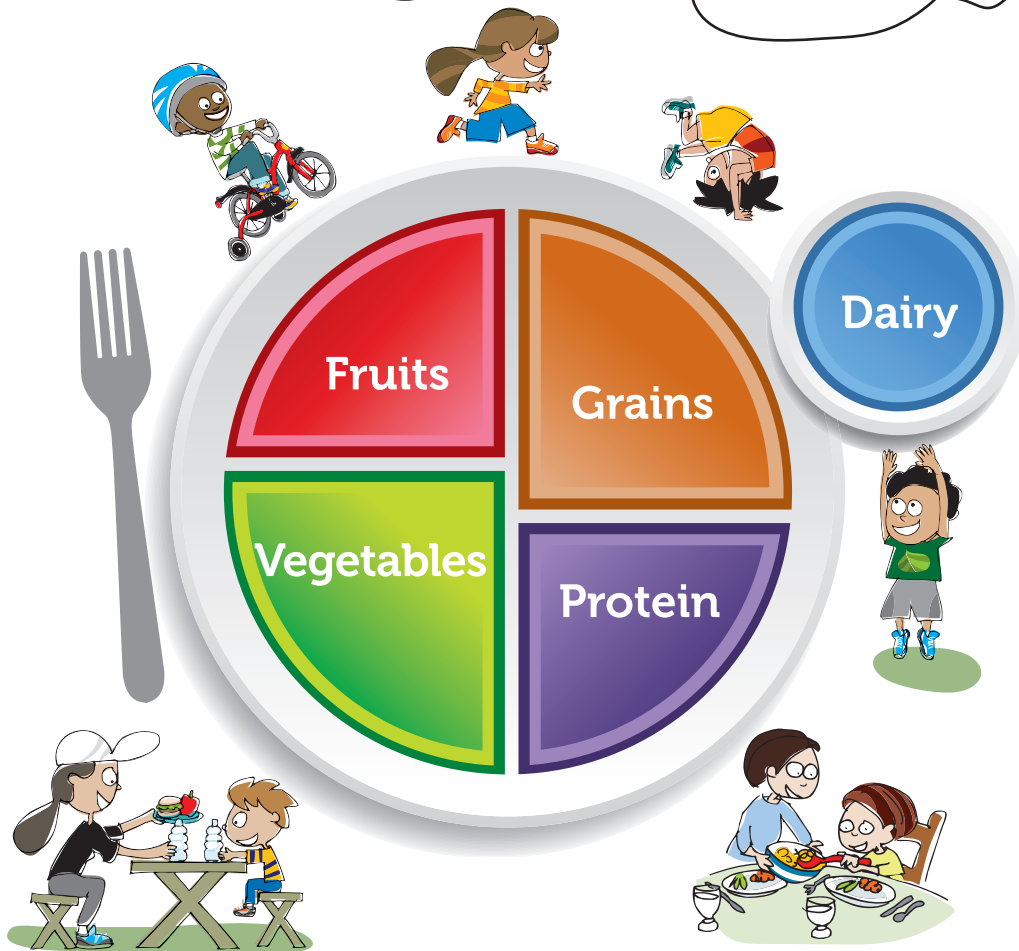


# Healthy Eating <sup>for</sup> preschoolers



Choose**MyPlate**.gov

**Get your child on the path to healthy eating.**



USDA helps families learn to balance meals. They have introduced MyPlate, which, illustrates the five food groups that are the building blocks for a healthy diet using a familiar image--a place setting for a meal. Their model focuses on variety, amount, and nutrient quality.

Providing servings from each food group helps your preschooler get a variety of vitamins and minerals at each meal. To help build a strong immune system, strong muscles, and healthy bones explore each food group.

Following MyPlate allows your family to eat foods you love but reminds you to balance your proteins, grains, dairy, fruits, and vegetables at each meal.

*Cook together.*

*Eat together.*

*Talk together.*

*Make meal time family time.*

