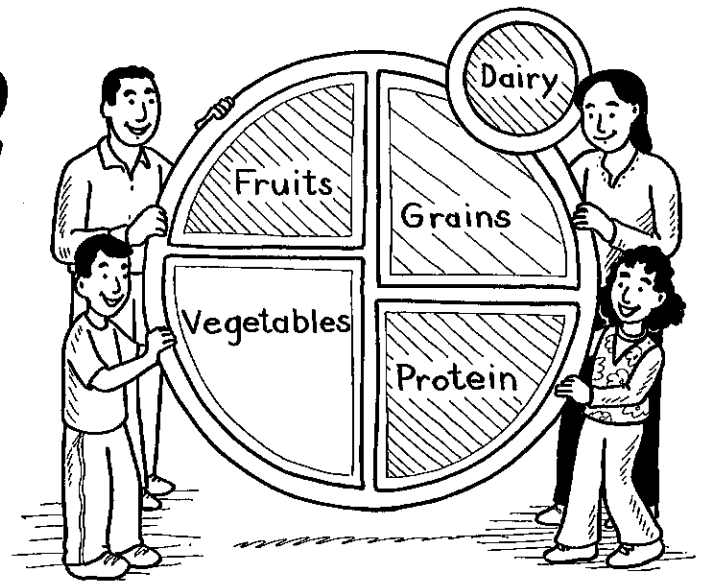


MyPlate Meals at Home

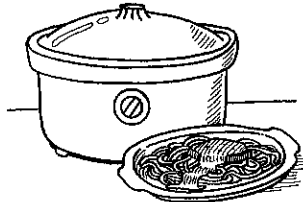
Help your kids picture what a nutritious meal looks like with MyPlate, the new food guidelines from the U.S. Department of Agriculture (USDA). MyPlate breaks down foods into easy-to-understand categories and amounts by picturing them on a plate.

You can bring MyPlate home by preparing these simple meals that follow the guidelines. Add a glass of fat-free milk to any of the meals for a healthy serving of dairy.



SLOW-COOKER SPAGHETTI

1. Place 4 boneless, skinless chicken breasts, a 24-oz. jar marinara sauce, and 3 tbsp. water in a slow cooker. Set on low, and cook for 6 hours.
2. Serve over cooked whole-wheat spaghetti, and top with shredded low-fat mozzarella cheese.

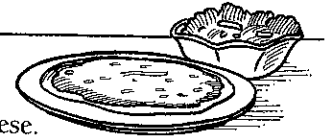


ZUCCHINI

Slice 2 zucchini. Sauté in 1 tbsp. olive oil, along with $\frac{1}{2}$ tsp. oregano, until tender. Season with ground pepper.

TACO PIZZAS

1. Spoon $\frac{1}{4}$ cup salsa onto a whole-grain tortilla. Top with $\frac{1}{4}$ cup pinto beans (canned, drained) and low-fat, shredded cheddar cheese.
2. Place on a cookie sheet, and bake for 12 minutes at 375°. Sprinkle with thinly sliced scallions and diced tomatoes.



SALAD

1. Toss together shredded romaine lettuce, sliced cucumbers, and diced red bell pepper.
2. Drizzle with a dressing made of equal parts salsa and fat-free ranch dressing (for example, $\frac{1}{2}$ tsp. of each per serving).

What's on MyPlate?

When planning meals for your family, keep in mind these USDA recommendations:

- Half of the plate should be made up of fruits and vegetables.
- Another quarter of the plate should be grains. Make at least half of the serving whole grains, such as brown rice, whole-wheat pasta, whole-grain cereal, or oatmeal.
- For the other quarter, choose lean proteins like poultry (skin removed), fish, seafood, and trimmed cuts of pork and beef (for example, 90% lean ground beef). Beans, eggs, and nuts are also good sources of lean protein.
- Don't forget dairy! Choose nonfat or low-fat milk, yogurt, and cheese.

- For children ages 4–8, aim for $1\frac{1}{2}$ cups vegetables, 1 to $1\frac{1}{2}$ cups fruit, $2\frac{1}{2}$ cups dairy, 5 oz. grains, and 4 oz. lean protein a day. For children ages 9–13, daily recommendations are 2 cups vegetables (girls) or $2\frac{1}{2}$ cups vegetables (boys), $1\frac{1}{2}$ cups fruit, 3 cups dairy, 5 oz. grains (girls) or 6 oz. grains (boys), and 5 oz. lean protein.

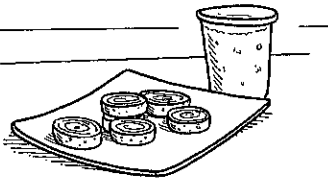
- Keep processed and high-fat foods to a minimum.
- Drink water rather than sugary drinks.

Note: For more information, see choosemyplate.gov.



TURKEY PINWHEELS

1. Use a rolling pin to flatten a slice of whole-grain bread.
2. Spread with honey mustard.
3. Add thinly sliced turkey, low-fat Havarti cheese, avocado, and baby spinach leaves. Roll up, and slice horizontally.

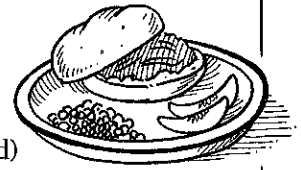


FRUIT SMOOTHIE

Blend 1 cup Greek yogurt, $\frac{3}{4}$ cup water, 1 cup crushed ice, 1 can pineapple (15 oz., undrained), and $\frac{1}{4}$ cup shredded coconut until smooth.

BBQ CHICKEN SANDWICHES

1. In a saucepan, heat $1\frac{1}{2}$ cups barbecue sauce.
2. Shred a rotisserie chicken (or 3 cups leftover chicken) into the sauce. Stir until hot.
3. Serve on whole-grain buns.



SIDES

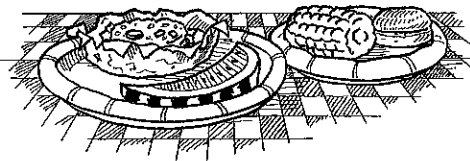
- Green peas (canned or frozen, heated)
- Sliced peaches (fresh or canned without syrup)

EASY BAKED BEEF PACKETS

1. Place a lean hamburger patty, sliced carrots, and cubed potatoes onto a large piece of heavy-duty aluminum foil.
2. Fold and tightly seal the foil. Bake at 375° for 20 minutes or until the meat is completely cooked. *Note:* These packets can also be grilled on a barbecue.

SIDES

- Corn on the cob: Leave the husk on, and grill alongside the beef packets (or microwave canned or frozen corn)
- Whole-wheat dinner roll
- Watermelon slices



SHRIMP PRIMAVERA



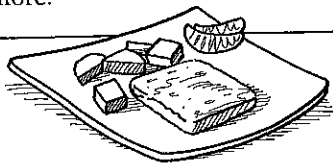
1. Boil and drain 1 lb. whole-wheat penne pasta.
2. Microwave a 12-oz. bag of mixed vegetables.
3. Combine the pasta and vegetables with 1 cup cooked shrimp, 2 tbsp. olive oil, and $\frac{1}{2}$ cup grated Parmesan cheese.

FRUIT

Bowl of green and red grapes

EGG-STRA SPECIAL CASSEROLE

1. Coat a square baking dish with cooking spray, and line with 4 slices whole-wheat bread.
2. In a bowl, beat 4 eggs with $\frac{1}{2}$ cup fat-free milk. Pour the mixture over the bread, cover, and refrigerate overnight.
3. Bake (covered) at 350° for 25 minutes. Uncover, sprinkle with 1 cup Monterey Jack cheese, and bake for 5 minutes more.



SWEET POTATOES

1. Cut 3 large sweet potatoes into 1-inch pieces (leave the skin on).
2. Coat a cookie pan with cooking spray. Add the potatoes and spray them, too. Bake 30–35 minutes at 425°.

FRUIT

Orange wedges

SNACKS AND DESSERTS

When your children are hungry for a snack or you want to offer a sweet treat to finish a meal, use ideas like these that will help them meet the MyPlate nutrition guidelines.

Fruit pops. Peel a mango, and cut the fruit into long, thick strips. Place each mango piece on a lollipop stick (sold in grocery or craft stores), and sprinkle with chili powder for a sweet-and-spicy treat. *Note:* This works well with fresh pineapple spears, too.

Cherry "pie." Spread $\frac{1}{2}$ tbsp. fat-free cream cheese on a graham cracker. Top each cracker with 1 tsp. no-sugar-added cherry jam or fresh (pitted) or frozen (thawed) cherries.

Carrot cake parfaits. In a clear glass, layer nonfat vanilla yogurt with shredded carrots, raisins, and chopped pecans.

Cinnamon apples. Core and slice 1 apple. Put the slices in a zipper bag, and add $\frac{1}{2}$ tsp. sugar and $\frac{1}{4}$ tsp. cinnamon. Shake to coat. Pour into a bowl, and microwave until hot.

Banana bread. Stir together 2 cups whole-wheat flour, $\frac{3}{4}$ cup sugar, $\frac{1}{4}$ tsp. salt, and $\frac{3}{4}$ tsp. baking soda. In a separate bowl combine $\frac{1}{2}$ cup softened butter (unsalted), 3 mashed bananas, 2 eggs, and $\frac{1}{3}$ cup nonfat plain yogurt. Fold the two mixtures together. Pour the batter into a greased 9"x 5" loaf pan. Bake at 350° for 1 hour.

Editor's Note: Nutrition Nuggets™ is reviewed by a registered dietitian. Consult a physician before beginning any major change in diet or exercise.