

Clinic Goals

- 8** hours of sleep a day
- 7** breakfasts a week
- 6** home cooked meals a week
- 5** servings of fruits and vegetables a day
- 4** positive self-messages a day
- 3** servings of low fat dairy a day
- 2** hours of screen time maximum a day
- 1** hour of physical activity a day
- 0** sugar sweetened drinks



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It is recommended for every meal to reflect this plate in order to have a balanced meal. You should try to include a fruit and vegetable at every meal in order to have a more healthy diet.



Portion Sizes and School-Age Children Serving Sizes Are in Your Hand

A fist or cupped hand = 1 cup



1 serving = $\frac{1}{2}$ cup cereal, cooked pasta or rice
OR 1 cup of raw, leafy green vegetables
OR $\frac{1}{2}$ cup of cooked or raw, chopped vegetables or fruit

A thumb = 1 oz. of cheese

Consuming low-fat cheese is a good way to help you meet the required servings from the milk, yogurt and cheese group.

$1\frac{1}{2}$ - 2 oz. of low-fat cheese counts as 1 of the 2-3 daily



Handful = 1-2 oz. of snack food

Snacking can add up. Remember, 1 handful equals 1 oz. of nuts and small candies. For chips and pretzels,



Palm = 3 oz. of meat

Two servings, or 6 oz., of lean meat (poultry, fish, shellfish, beef) should be a part of a daily diet. Measure the right amount with your palm. One palm size portion equals 3 oz., or one serving.

Thumb tip = 1 teaspoon

Keep high-fat foods, such as peanut butter and mayonnaise at a minimum by measuring the serving with your thumb. One teaspoon is equal to the end of your thumb, from the knuckle up. Three teaspoons equals 1 table-



1 tennis ball = 1 serving of fruit

Healthy diets include 2-4 servings of fruit a day.

Because hand sizes vary, compare your fist size to an actual

Quick, Easy Breakfast Ideas

Snack Mix 1 apple, sliced 1-2 oz cheese cubes 1 oz walnuts Throw all together into a resealable plastic bag. Prepare the night before to save time in the morning.	Egg Muffin 1 scrambled egg 1 whole wheat English muffin 1 slice of cheese Piece of fruit Make your own "Egg McMuffin" and round out the meal with a piece of fruit.	Choosing a bowl of cereal? Look for one with: <ul style="list-style-type: none"> • Little to no added sugar (read ingredients list), goal of less than 10 grams per serving • At least 3 grams of fiber • Includes whole grains
Peanut Butter Waffle 1 whole grain waffle 1 tbsp peanut butter ¼ cup raisins, peanuts, etc. (optional) Spread peanut butter on a warm waffle and top with fruit or nuts	Easy Roll-Up 1, 6" whole wheat tortilla 1 oz deli meat (ham, turkey, etc.) 1 slice cheese ½ green apple, sliced (optional) Roll meat, cheese, and apple slices in tortilla. The apple slices give a crunch.	Grab and go options (temperature sensitive): <ul style="list-style-type: none"> • String cheese stick • Piece of fruit or fruit cup • Container of yogurt • Container of milk • Raw vegetable slices (plain or with dip)
Fruit and Yogurt Parfait 6-8 oz low-fat yogurt ¼ cup granola or bran cereal Handful of berries or other cut fruit Sprinkle flaxseed (optional) Mix yogurt, grains, and fruit. The flaxseed is packed with omega-3 fatty acids, a heart healthy fat.	Snack Mix ¼ cup almonds (without added salt) ½ cup honey-nut shredded wheat ¼ cup dried fruit (cranberries, cherries, raisins, etc.) Combine all ingredients together. This snack mix is energy-packed and easy to eat on the go.	More grab and go options (not temperature sensitive): <ul style="list-style-type: none"> • Dry cereal • Nuts and dried fruit mix • Whole grain bread, English muffin, bagel, crackers, etc. • Breakfast or granola bar • Peanut or almond butter
Fruit Smoothie Low-fat yogurt Milk (just enough needed for blending) Fruit (try frozen!) Other options: cottage cheese, nut butters, vegetables such as spinach) Blend all ingredients until smooth. You can make a big batch and freeze in individual containers to grab and go as you need them.	Breakfast Burrito 1, 6" whole wheat tortilla 2 scrambled eggs 1 tbsp salsa 2 tbsp shredded cheese Roll the eggs, salsa, and cheese in the tortilla. With a little extra time, grill the stuffed burrito to melt the cheese.	Powerhouse Oatmeal ½ cup dry quick oats, cooked 1 oz walnuts or almonds ½ cup berries or cut fruit Sprinkle flaxseed (optional) Sprinkle cinnamon (optional) Mix fruits, nuts, and flaxseed into cooked oatmeal. Add a sprinkle of cinnamon.
Strawberry Shake 1 packet light instant breakfast powder 1 cup low-fat strawberry cow's milk or soy milk Mix together. If you have time, blend some strawberries or bananas to make a heartier shake.	Choosing a breakfast bar? The best option would be one with : <ul style="list-style-type: none"> • Less than 10 grams sugar • At least 5 grams fiber • At least 5 grams protein Round out meal with a piece of fruit and/or container of yogurt.	Who says breakfast has to include traditional breakfast foods? Make a sandwich or warm up leftovers. Eating something in the morning jumpstarts your metabolism and signals your body that you are ready to start the day.

Snack Ideas

Snacks can be an important part of achieving a healthy weight. But choosing the right healthy snack can be tricky. Here are some tips and ideas for snacks!



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Examples:

Pair This...

With This!

15 grapes	8 oz. glass of low fat milk
1 cup of berries	1 oz. of low fat cheese
Medium apple	2 tablespoons of natural peanut butter
½ banana	6 oz. light or Greek yogurt
1 cup of melon	½ cup low fat or fat free cottage cheese
1 medium orange	8 oz. glass of low fat milk
1 small pear	1 low fat string cheese
½ cup canned fruit in 100% fruit juice	6 oz. light or Greek yogurt
1 cup cut up celery	2 tablespoons of peanut butter
1 cup baby carrots	2 tablespoons of hummus
1 cup of sliced cucumbers	2 tablespoons fat free salad dressing
1 cup of cherry tomatoes	2 tablespoons of low fat bean dip
1 cup of broccoli florets	2 tablespoons fat free vegetable dip
½ cup steamed edamame with the shell	1 tablespoon of chili powder
1 light Laughing Cow cheese wedge	5 whole wheat crackers
2 cups fat free popcorn	1 light Babybel cheese
½ whole wheat pita	1 tablespoon of mashed avocado with chopped tomatoes
1 oz of tuna canned in water with 1 teaspoon of low fat mayonnaise	5 whole wheat crackers
1 slice of whole grain bread	1 slice of turkey and 1 tablespoon of hummus
1 hard-boiled egg	1 whole grain English muffin
1 rice cake	2 tablespoons of natural peanut butter
10 almonds and 1 tablespoon of dried cranberries	1 cup fat free popcorn



Prepackaged Snack Food

Tips: Choose snack foods that include nutrients we need in our everyday eating pattern. Look for:

- Low added sugar (less than - 10 grams of sugar per serving)
- Source of fiber (3 or more grams per serving)
- Source of protein (at least 3 grams per serving)
- Lower in total fat (4 or less grams of fat per serving)
- Lower in saturated fat (Less than 2 grams per serving)
- No trans fat

Tips:

Make fruits and vegetables your go-to snacks! You need at least 5 servings of fruits and vegetables every day.

Check the serving size on the nutrition facts label and make sure you stick to that-for children 4 years or younger, the serving size may need to be divided in half.

Practice portion control. Once you have measured out 1 serving of your snack, put the rest away out of sight. You can try premeasuring portions for future snacks to help.

Pair foods from 2 food groups (whole grains, meats and protein, dairy, fruits, and vegetables) for a more satisfying snack time.

Champions for Children