Help your kids eat healthy at home.

Choose foods with lower fat.

Choose foods with less sugar.

Nutrition Facts
Serving Size 1 Bar (85g)
Servings Per Container 4

Amount Per Serving

Calories 170	Calories from Fat 50
	% Daily Value*
Total Fat 6g	**9%**
Saturated Fat 4g	**19%**
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 1g	
Cholesterol 13mg	**4%**
Sodium 83mg	**3%**
Total Carbohydrate 33g	**11%**
Dietary Fiber 4g	**16%**
Sugar 25g	
Protein 3g	

Vitamin A 110% • Vitamin C 2%
Calcium 10% • Iron 3%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

When you go food shopping, read the label. Choose healthy foods.

» Choose 100% whole grain breads. The first ingredient on the label should start with “whole,” like “whole wheat flour.”

» Choose cereals that are low in sugar and made from whole grains. Read the label and look for rolled oats, whole wheat, brown rice, rye, barley, triticale or buckwheat. A cereal could be made from one or all of these grains. Oatmeal is a good choice.

» Choose chicken and fish instead of beef.

For healthy snacking, keep these foods in the refrigerator:

» A bowl of fruit. Try slices of apple, fresh berries, orange slices, or cut up pineapple or mango. Keep the bowl covered with plastic wrap to keep the fruit fresh.

» A bowl of fresh vegetables. Try cucumber sticks, carrots sticks, celery sticks, broccoli, slices of red pepper and green pepper, or slices of zucchini.

» Slices or chunks of low-fat cheese.

» Non-fat or low-fat yogurt. It’s good alone or used as a dip for fruits and vegetables.

» Non-fat or low-fat milk. It’s healthier than juice.

Do these simple things to make each meal healthier:

» Add 1 to 2 slices of low fat cheese to a sandwich.

» Serve low-fat milk or soy milk with meals.

» Make meals that have more vegetables and beans and less meat.

» Broil, bake, grill or steam your food.

Other easy tips for healthy eating:

» Give kids water to drink during snack time and when they’re thirsty. Serve milk with meals.

» Serve a healthy breakfast, such as whole grain cereal or toast, along with fruit and milk.

» Turn off the TV during meals and enjoy your meals together.

» Remember that kids will do what you do. If you make healthy choices, they will too!

» Go to **www.mass.gov/MassInMotion** to find more tips on healthy eating.

Provided by the Nutrition and Physical Activity Unit, Massachusetts Department of Public Health | 2009

Commonwealth of Massachusetts Department of Public Health

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Give your kids the right amount of food.

How much a child should eat depends on their age. This chart shows how much children should eat each day based on how old they are:

Food	6-10 years old	11 to 13 years old	14 to 18 years old
Fruits	1 to 1½ cups	1½ to 2 cups	1½ to 2 cups
Vegetables	1½ to 2 cups	2 to 2½ cups	2½ to 3 cups
Grains	5 to 6 ounces	6 to 7 ounces	6 to 7 ounces
Dairy: low or non-fat	2 to 3 cups	3 cups	3 cups
Lean meats, fish, chicken, beans, legumes or eggs	4 to 5 ounces	5 to 6 ounces	5 to 6 ounces

How much is a cup of fruits or vegetables?

» A cup is about the size of a baseball. Many oranges, apples and peaches are this size.

» For vegetables, it's good to remember that two cups of raw vegetables will cook down to about a cup.

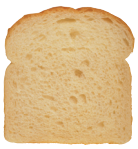
How much is a cup of dairy?

One cup of dairy equals:

» 1 cup of low fat or non-fat milk or yogurt – the size of a baseball

» 1½ ounces of cheese – 4 dice-sized pieces

What foods have an ounce of grain?



» 1 slice of whole grain bread

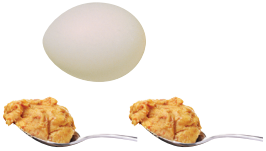
» ½ cup whole grain or enriched pasta or rice (You can tell it's enriched because it will say "enriched" on the front of the box or bag.)

» 1 cup of whole grain cold cereal or ½ cup enriched cooked cereal

How much is an ounce of meat and other protein?

» 3 ounces of meat or fish is as big as a deck of playing cards.

Instead of meat, you can also feed your child:



» 1 egg

» 1-2 tablespoons peanut butter

» ¼ cup cooked lentils or beans, navy beans or kidney beans

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