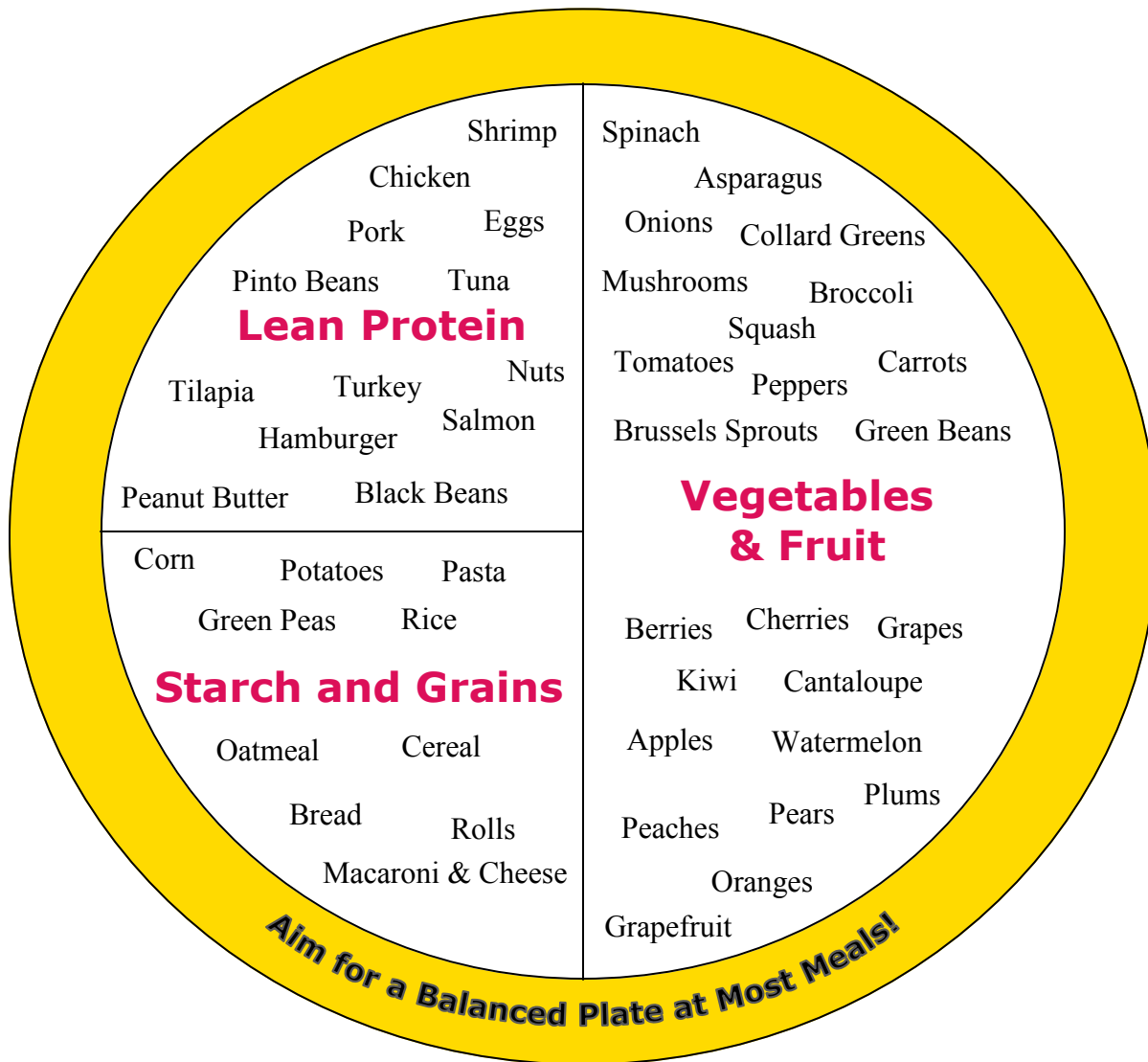


# Be FIT with Brenner

## The Balanced Plate:



## Examples of a Balanced Plate:

Chicken Breast Sandwich on a Wheat Bun  
Carrot Sticks and Grapes

Spaghetti—Wheat Noodles & Lean Beef  
Mixed Green Salad and Mandarin Oranges

Grilled Salmon with Rice  
Roasted Asparagus and Sliced Mango

Steak topped with Peppers & Onions  
Baked Potato and Roasted Broccoli

## Why Use The Balanced Plate?

1. The Balanced Plate helps us to eat the right amount of food for our bodies.
2. We are able to eat the right balance of protein, fat, and carbohydrates.
3. It helps us eat more Fiber through whole grains, fruits, and vegetables...these fill us up!
4. The Balanced Plate helps us to feel satisfied because it includes 3-4 food groups.

### Other Food Recommendations:

- **Eat 3 meals each day:** Eating breakfast, lunch and dinner, along with eating snacks in between, helps us come to the next meal hungry, but not too hungry.
- **Enjoy Snacks:** Yes, snacks are good for us! When you choose a snack, aim for two food groups. Yummy combo's include crackers with cheese, peanut butter with celery, yogurt with fruit and even cookies with milk.
- **Drinks:** Aim to drink water, low-fat milk and low-sugar beverages. A low sugar beverage = 3 grams of sugar per 8 ounces. Check out the label.
- **Family meals:** Aim to eat dinner together and eat at a table to avoid distractions. Spend time as a family and enjoy your food.

### Don't Forget Activity!

Did you know that activity does not have to feel like "exercise?" That's right...it can be play time!

- Try riding your bike
- Go on a scavenger hunt
- Play kickball in the yard
  - Go to the park
- Play Simon Says in your hallway

And parents, if you don't know what to play with your family, let your children create a game. They have great imaginations!

To get in the recommended 60 minutes each day, try using **FIT Breaks!** Small 10 minute bursts of activity will make it easier to fit all 60 minutes into our day.

### Circle one GOAL that your family would like to start today:

- Add a fruit to our meals
- Try new low-sugar beverages
- Eat 3 meals throughout the day
- Aim for the Balanced Plate at dinner
- Go outside and play a game as a family
- Choose a snack with two food groups
- Eat together as a family
- Other: \_\_\_\_\_