

## TOPIC OF THE WEEK: HEALTHY PLATE

Teaching kids the appropriate portion sizes for various foods can help them to maintain a healthy lifestyle.



- Fill one quarter of your plate with a healthy protein such as fish, chicken, lentils, tofu or eggs.
- Fill one quarter of your plate with healthy grains and starches such as brown rice, quinoa, whole grain bread or whole wheat tortilla.
- Fill half of your plate with vegetables such as broccoli, asparagus, leafy greens, or bell peppers.



Teaching kids the appropriate portion sizes for various foods can help them to maintain a healthy lifestyle. Kids can use their own hands to help them remember the correct portion sizes:

**Open hand:** 1 serving of fish

**Palm of hand:** 1 serving of meat

**Two hands together:** 1 serving of vegetables

**Fingertip:** Oil or butter

**Closed fist:** 1 serving of pasta, rice, bread or fruit.

### TURKEY ROLL UPS

These make a great alternative to sandwiches for school lunches. They are packed with protein, fiber, and are low-fat. Although these are made using turkey, you can use your child's favorite lunch meat...or even tuna!

#### INGREDIENTS:

- 6"- 8" Whole Wheat Tortilla
- Low-fat, cheese spread
- Cucumber, carrots, and lettuce

#### DIRECTIONS:

1. Spread cheese on tortilla.
2. Lay slices of meat or thin layer of tuna on top of tortilla and cheese.
3. At one end, lay strips of veggies and lettuce.
4. Roll up tortilla and slice into 1-inch circles.