

Step-2 to My Plate Healthy Diet

This is **Step 2** in Healthy Eating. Try this for **TWO** months and come back to your doctor to check on your progress.

1. Eat at home more often.

Goal is only 1 trip to a fast food restaurant each week.

2. Plan ahead with your child.

Have your child help in planning meal options, and let older children help in the kitchen.

3. Cook extras.

Storing and freezing leftovers is an easy way for a quick meal with little extra effort.

4. Pack a lunch.

Provide healthful, fun snacks that your child enjoys, or help him or her choose better options from the school menu.

5. Limit extra calories when out.

Avoid extra calories by sharing entrees, avoiding all-you-can-eat buffets, and ordering water or other non-sweetened drinks at mealtimes,

Opt for steamed, grilled, baked or broiled dishes and limit sautéed or fried items.

For additional suggestions check out the 10 Healthy Tips at www.choosemyplate.gov

