

## 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](http://www.choosemyplate.gov)

