



## Enjoy Each Other While Enjoying Family Meals.

Meal time is a chance to help your kids grow and learn to make good decisions about what and how much to eat. It's also a chance to slow down, relax and enjoy your family's company.



**Eat as a family whenever you can.** Keep meal time relaxed to nourish the body and help your family make stronger connections.



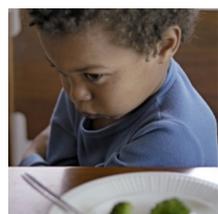
**Remove distractions during mealtime.** Turn off the TV and computer, and avoid talking on the phone or texting so that your attention is on each other.



**Kids learn by doing.** Help them learn healthy eating habits by helping to prepare, serve and clean up after meals. For example, they can help by measuring, washing, adding and stirring ingredients.



**Set a healthy table and let everyone, including the kids, make choices about what they want and how much to eat.** It helps kids gain confidence and learn to eat healthy now and for life.



**Meals and healthy snacks give children several chances every day to eat a variety of foods.** If your kids eat only a little or nothing at one meal, it's okay. They'll make up for it with other meals and snacks.



## Give Yourself and Those You Love the Goodness of Whole Grains.

Whole Grains are rich in vitamins, minerals and other nutrients to help keep your family healthy. At least half of the grains you eat each day should be whole grains.



**Choose foods that are whole grain.** Some foods are always whole grain, like oatmeal, brown rice, wild rice and popcorn.



**Look for “100% Whole Grain” or “100% Whole Wheat” on the packages** of foods like bread, cereal, tortillas and pasta. Or, check the ingredient list. If the word “whole” is listed before the first ingredient, that food is made with whole grains.



**It’s easier to get your kids in the habit of eating and enjoying whole grains if you start when they are young.** Try sprinkling crushed whole-grain cereal over a small scoop of frozen yogurt and top with berries or other fruits.



**Start your day the whole grain way.** Try whole-wheat or whole-grain toast with melted low-fat cheese and fruit for breakfast. Or, top oatmeal with a favorite fruit and spices.



**It’s easy to make whole-grain foods a part of tasty meals and snacks.** Stuff a whole-grain tortilla with chopped veggies, scrambled eggs and low-fat cheese.



# Milk Matters

Fat-free and low-fat (1%) milk gives your entire family calcium, protein and vitamin D for strong bones, teeth and muscles.



**Fat-free and low-fat (1%) milk have the same key essential vitamins, minerals and protein as whole and 2% fat milk,** but without the extra fat, so they're also good for your heart.



**Take it slowly.** If your young child or family is drinking whole milk, first change to 2% fat milk for a few weeks, then switch to 1% fat milk. Later, you can try fat-free milk.



**Kids 9 and older need 3 cups of milk per day, but younger kids need less-kids age 4-8 need 2 ½ cups; kids age 2-3 need 2 cups.** To make sure your family gets the milk they need, keep milk products, like yogurt and cheese made with 1% fat milk, in the fridge, too.



**The nutrients in milk help refuel muscles,** so quench your kids' thirst with a cold glass of fat-free or low-fat (1%) milk after school or play.



**Prepare snacks and meals with your kids.** Make smoothies by blending together 1% fat milk, fruit and low-fat yogurt. Or, make oatmeal with 1% fat milk instead of water.