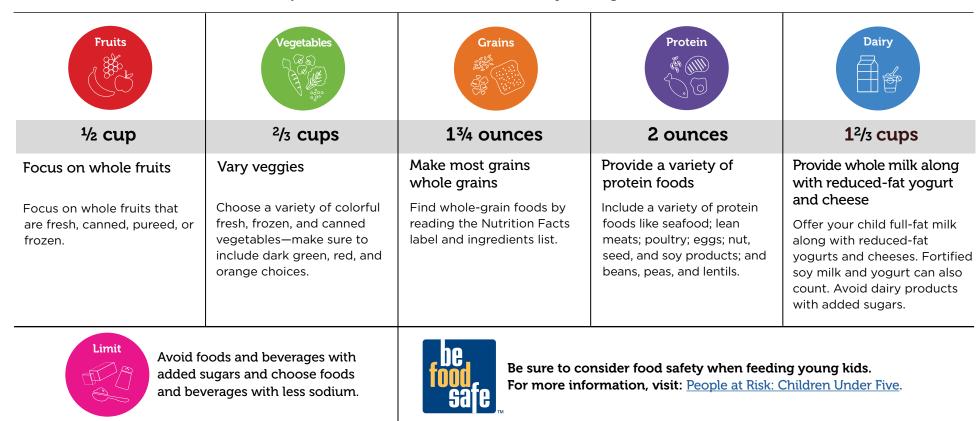


# Start simple with MyPlate Plan

The benefits of healthy eating add up over time, bite by bite. Small changes matter. Start Simple with MyPlate.

Healthy eating is important at every stage of life. What a child eats and drinks today can impact a child's health now and in the future. Provide foods and beverages that are full of nutrients. Make every bite count.

### Food Group Amounts for 700 Calories a Day for Ages 12 to 23 Months

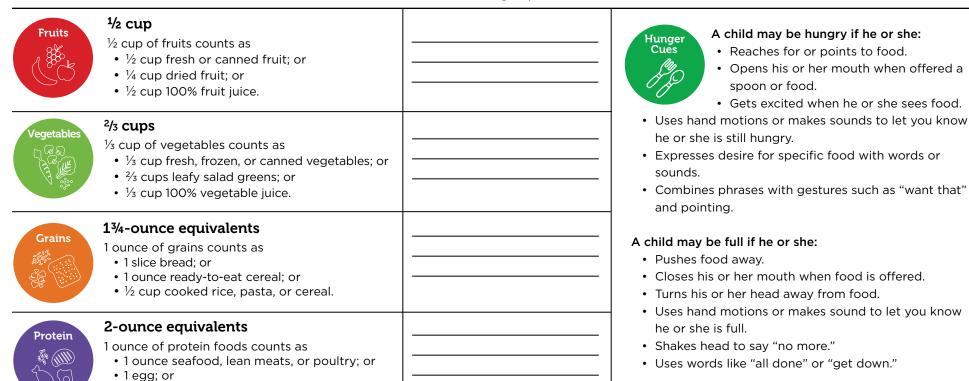


## MyPlate Plan

Provide healthy foods from all of the food groups, and look for signs of hunger and fullness. Prevent choking by avoiding small or tough pieces of food. Celebrate small wins, bite by bite.

Food group targets for a 700-calorie pattern are:

Write down the foods offered for each food group.





#### 12/3 cups

1 cup of dairy counts as

- 1 cup dairy milk; or
- 1 cup dairy yogurt; or
- 1 cup fortified soy milk or yogurt; or

1 Tbsp thinly spread peanut butter; or
¼ cup cooked beans, peas, or lentils.

• 1½ ounces hard cheese.



### Children under age 4 are at risk of choking while eating.

For more information, visit:

Reducing the Risk of Choking in Young Childen at Mealtimes.

