Meal Planning

**Fruit**
- **Fresh** – Choose fruit that is in season.
- **Canned** – Look for 100% fruit juice or “no added sugar” on the label.
- **Frozen** – Can easily be added to smoothies.
- **Dried** – Use in oatmeal or trail mix.
- **Juice** – Choose only 100% and limit portion size.

**Vegetables**
- **Fresh** – Buy veggies that are in season.
- **Frozen or canned** – Save money and don’t worry about spoiling; look for “no salt added.”
- Add a “new, never tried before” vegetable to your list and look up preparation options.

**Dairy**
- Choose low-fat options of milk, yogurt, and cheese.
- Read labels and look for options with no added sugars.
- Lactose intolerant? Look for “lactose free,” which provides the same nutrition.
- Plant-based beverages – Compare labels.

**Grains**
- Look for “100% whole grains” not “made with whole grains.”
- Include grains like rice, oats, couscous, quinoa.

**Proteins**
- Choose lean, low-fat sources of protein.
- Switch it up! Try eggs, tofu, or fish in a recipe that calls for poultry, pork or beef.
- Add beans, lentils, seeds, and nuts to your list.

Check out the Food Group Gallery for more detailed information about each food group:
www.myplate.gov/eat-healthy/food-group-gallery

**Resources:**
- MyPlate Kids: https://www.myplate.gov/life-stages/kids
- MyPlate Lifestages: https://www.myplate.gov/life-stages
- Healthy Eating for Kids https://www.eatright.org/food/nutrition/eating-as-a-family/family-meals--small-investment--big-payoff
- AAP Healthy Children – food groups by age: https://www.healthychildren.org/English/healthy-living/nutrition/Pages/Portions-and-Serving-Sizes.aspx and sample choices: https://www.healthychildren.org/English/healthy-living/nutrition/Pages/The-5-Food-Groups-Sample-Choices.aspx
- MyPlate Meal Plan: https://www.myplate.gov/myplate-plan

**App Highlights...**
- Physician-endorsed materials for parents to access on-demand
- Resources for parents organized by age
- Text reminders sent monthly and/or for age milestones
- Easy sign-up
- Videos on feeding, play, nutrition and more

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Ohio AAP PMP
Mobile App

Search Parenting at Meal and Playtime on Apple Store or Google Play

Ohio Department of Health

http://ohioaap.org
When helping to plan meals each week, remember these tips:
• **Enjoy your meals together.** Help set the table, tear lettuce, pour milk, cut up fruit.
• **Get creative!** Pair new food items with your favorites. Try putting a green vegetable in your mac and cheese! Vary texture and taste, or try adding different herbs and seasonings.
• **Consider meals** you can prepare and store early in the week for a quick meal on a busy night.

###SAMPLE MENU IDEAS

####BREAKFAST
Plan for a:
- Dairy item
- Veggie or fruit
- Whole grain

- Whole-grain cereal
  - Skim or low-fat milk
  - Banana
- Scrambled eggs
  - Milk
  - Grapes
- Whole grain pancakes
  - Milk
  - Blueberries

####LUNCH
Plan for a:
- Dairy item
- 2 Veggies/fruit
- Whole grain
- Protein/meat

- Whole wheat pita with baked chicken and assorted veggies
  - Milk
  - Mandarin orange
- Grilled cheese on whole grain bread
  - Cherry tomatoes and sliced cucumbers
  - Milk
  - Peaches
- Vegetable soup
  - Whole grain dinner roll
  - Milk
  - Apple slices

####SNACK
of the following (Pick 2!):
- Fruit or veggie
- Grain
- Protein/meat

- Yogurt + Berries
  - String Cheese + Grapes
  - Cottage Cheese + Strawberries
- Whole Grain Crackers
  - + bean dip
  - ½ English Muffin + Nut Butter
- Baby Carrots + Hummus
  - Celery + Nut Butter

####DINNER
Plan for a:
- Dairy item
- 2 Veggies/ fruit
- Whole grain
- Protein/meat

- Spaghetti & meatballs with whole grain pasta and extra veggies in the sauce
  - Milk
  - Strawberries
- Grilled chicken breast
  - Brown rice
  - Broccoli
  - Milk
  - Pineapple
- Quesadilla
  - Whole grain tortilla with grilled chicken, black beans and a variety of veggies
  - Milk
  - Pears

###Breakfast and lunch “to go” suggestions

**Breakfast**
- **Banana Wrap** – whole grain tortilla with nut butter and banana.
- **Breakfast Parfait** – layer yogurt, whole grain cereal and fruit in “to go” cup.
- **Breakfast in a Cup** – smoothie with yogurt and fruit + small bag of trail mix.

**Lunch**
- Assorted fresh veggies, whole grain crackers and hummus, fruit, and milk.
- Mini whole wheat bagel with nut butter, apple slices and milk.
- Pinwheel chicken wrap on whole grain tortilla, assorted veggies, grapes, and milk.