

Snacktivity



MINI MYPLATE PIZZAS

GRADES: K-8

Ingredients:

- Mini whole-grain bagels or English muffins
- Tomato sauce
- Part-skim mozzarella cheese
- Grilled chicken
- Other toppings may include: sliced tomatoes, spinach, pineapple, and even broccoli

These mini pizzas are a delicious and filling snack that includes all five food groups of the MyPlate!

Choose whole-grain bagels (grain), fresh tomato sauce (fruit), part-skim mozzarella cheese (dairy), grilled chicken (protein), and your choice of crunchy fruit or vegetables (vegetable).

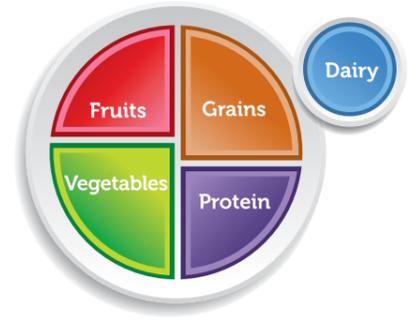
- 1 Cut mini bagels in half.
- 2 Place a tablespoon of tomato sauce on top of bagel slice.
- 3 Sprinkle with cheese.
- 4 Top with chicken pieces and a few slices of fresh fruit or veggies. Note: green veggies go best under cheese.
- 5 Place in toaster oven until cheese melts and bagel is toasted.
- 6 **ENJOY!**



MyPlate

Use MyPlate to navigate healthy eating.

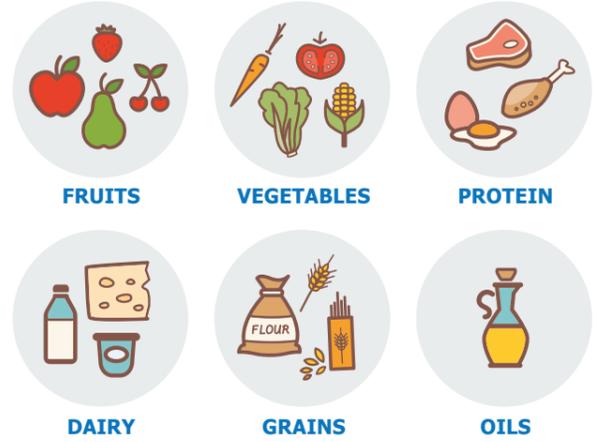
Nutrition advice can be overwhelming and confusing. No two bodies are alike, which is why you should strive to find your own healthy-eating style and maintain it for a lifetime. MyPlate is a great guide for finding healthy eating solutions. Choosing healthy foods and drinks creates personal "wins." If you make "winning" choices more often, you create a healthier today and tomorrow.



FOLLOW A HEALTHY EATING PATTERN OVER TIME TO HELP SUPPORT A HEALTHY BODY WEIGHT AND REDUCE THE RISK OF CHRONIC DISEASE

- 1 **Follow a healthy eating pattern across the lifespan.** All food and beverage choices matter. Choose a healthy eating pattern at an appropriate calorie level to help achieve and maintain a healthy body weight, support nutrient adequacy, and reduce the risk of chronic disease.
- 2 **Focus on variety, nutrient density, and amount.** To meet nutrient needs within calorie limits, choose a variety of nutrient-dense foods across and within all food groups in recommended amounts.
- 3 **Limit calories from added sugars and saturated fats and reduce sodium intake.** Consume an eating pattern low in added sugars, saturated fats, and sodium. Cut back on foods and beverages higher in these components to amounts that fit within healthy eating patterns.
- 4 **Shift to healthier food and beverage choices.** Choose nutrient-dense foods and beverages across and within all food groups in place of less healthy choices. Consider cultural and personal preferences to make these shifts easier to accomplish and maintain.
- 5 **Support healthy eating patterns for all.** Everyone has a role in helping to create and support healthy eating patterns in multiple settings nationwide, from home to school to work to communities.

A healthy eating pattern includes:



A healthy eating pattern limits:



Seymour says:



January 2019

Family Fit Lifestyle Month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 New Year's Day	2	3	4 Spaghetti Day	5
6 Bean Day	7	8 Bubble Bath Day	9 Apricot Day	10	11 Milk Day	12
13	14	15	16	17	18	19 Popcorn Day
20 Cheese Lovers' Day	21 Birthday of Martin Luther King, Jr. (observed)	22	23	24 Peanut Butter Day / National Compliment Day	25	26 Green Juice Day
27	28 Blueberry Pancake Day	29	30	31		