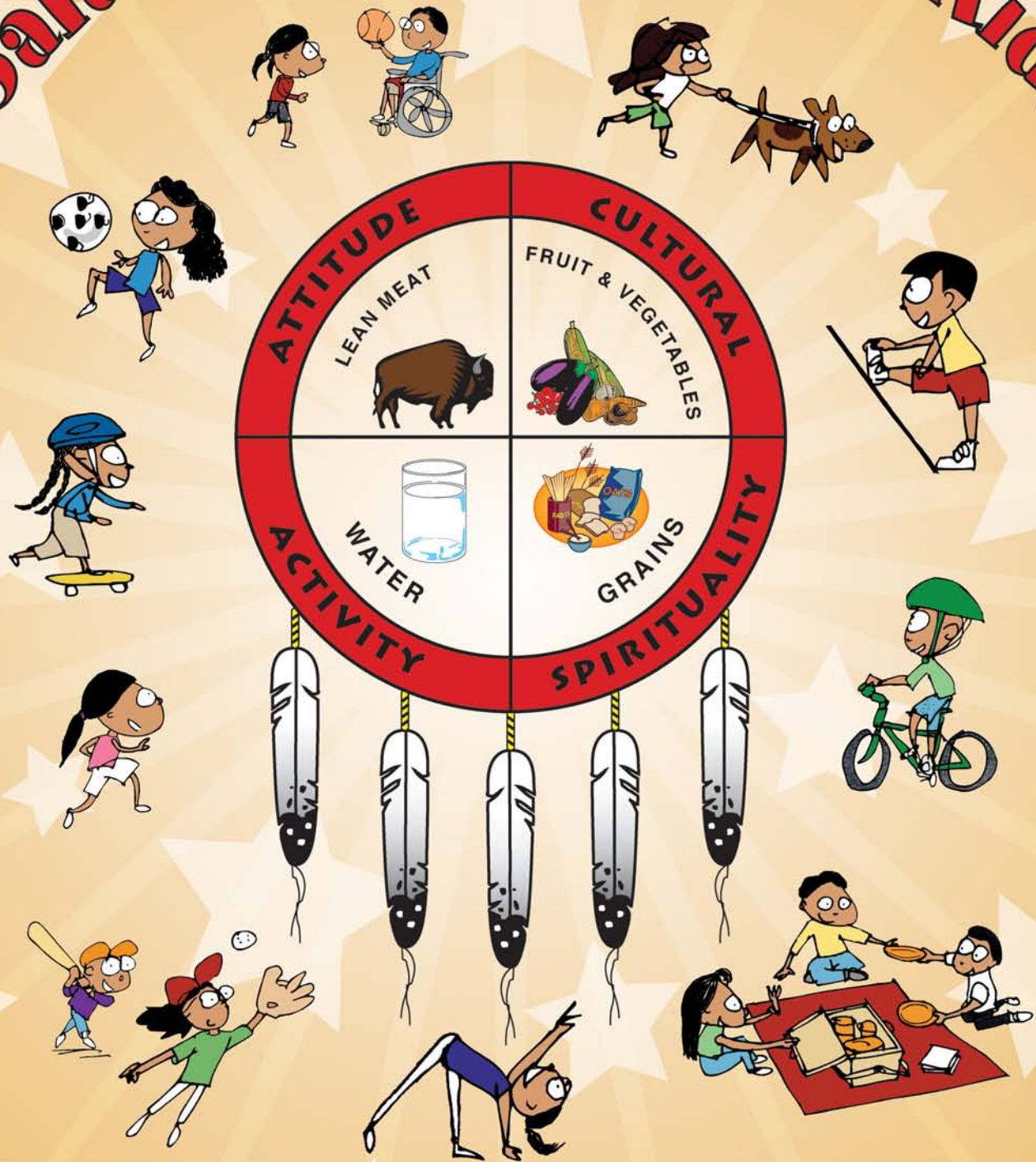





# Balanced Living For Kids



**REMEMBER TO BALANCE FOOD AND FUN!  
LIMIT FATS & SUGARS**

<b>Each day, you need to eat:</b>				
<b>Grains</b>	<b>Vegetables</b>	<b>Fruit</b>	<b>Milk</b>	<b>Meat and Beans</b>
6 ounces	2 ½ cups	1 ½ cups	3 cups*	5 ounces
<p><b>Grains 6 ounces</b></p> <p>1 slice whole-wheat bread* (1 OZ EQ.)            5 whole-wheat crackers* (1 OZ EQ.)            1 cup whole-grain ready-to-eat breakfast cereal* (1 OZ EQ.)            ½ cup cooked brown rice* (1 OZ EQ.)            1 cup cooked pasta (2 OZ EQ.)            1 hamburger bun (2 OZ EQ.)            3 cups lowfat popcorn* (1 OZ EQ.)</p>  <p>Items marked with a * are whole-grain</p>		<p><b>Fruits 1½ cups</b></p> <p>1 small apple or ½ large apple (1 CUP EQ.)            1 large orange (1 CUP EQ.)            1 snack-sized container of peaches (1/2 CUP EQ.)            1 large plum (1/2 CUP EQ.)            1 small box of raisins (1/2 CUP EQ.)            1 cup 100% orange juice (1 CUP EQ.)            1 medium wedge cantaloupe (1/2 CUP EQ.)            1 small wedge watermelon (1 CUP EQ.)</p> 		
<p><b>Vegetables 2 ½ cups</b></p> <p>6 baby carrots* (1/2 CUP EQ.)            1 large ear of corn (1 CUP EQ.)            1 medium baked potato (1 CUP EQ.)            1 large baked sweet potato* (1 CUP EQ.)            3 spears broccoli* (1 CUP EQ.)            ½ cup tomato juice (1/2 CUP EQ.)            1 cup chopped lettuce (1/2 CUP EQ.)</p> <p>Items marked with a * are dark green or orange vegetables</p>		<p><b>Water -Every day/ Milk 3 cups*</b></p> <p>½ cup lowfat or fat-free cottage cheese (1/4 CUP EQ.)            1 cup fat-free milk (1 CUP EQ.)            1 snack-sized lowfat or fat-free yogurt (1/2 CUP EQ.)            1 half-pint container 1% or 2% milk (1 CUP EQ.)            2 ounces of lowfat or fat-free American cheese (1 CUP EQ.)            1 ½ ounces of lowfat or fat-free cheddar cheese (1 CUP EQ.)            1 ½ cups light ice cream (1 CUP EQ.)</p> <p>*For kids ages 2 to 8, it's 2 cups</p>		
<p><b>Lean Meats 5 ounces</b></p> <p>1 slice of buffalo, deer, or turkey (1 OZ EQ.)            1 ounce of nuts (2 OZ EQ.)            1 cup split pea soup (2 OZ EQ.)            1 small chicken breast (3 OZ EQ.)            1 small lean hamburger (3 OZ EQ.)            1 hard-boiled egg (1 OZ EQ.)            1 tablespoon peanut butter (1 OZ EQ.)            ¼ cup pinto beans (1 OZ EQ.)</p>  <p>Key: (1 OZ EQ.) means (equals 1 ounce equivalent)</p>		<p><b>Cultural</b></p> <p>Know and respect Native American cultures, traditions, and ceremonies.            Take care of Mother Earth</p> <p><b>Attitude</b></p> <p>Think good thoughts            Smile            Be kind to others</p> <p><b>Activity</b></p> <p>Keep moving everyday by running, walking, biking, skate boarding, swimming, playing basketball, and dancing at Powwows</p> <p><b>Spiritual</b></p> <p>Pray to the Creator</p>		
<b>FAT: Eat Less...</b> Butter, Margarine, Fry Bread, Fried Meats, Fast Food, Potato Chips, Whole Milk, and French Fries				
<b>SUGAR: Eat Less...</b> Candy, Pop, Pies, Cakes, Doughnuts, Sweet Rolls, Fruit Drinks, Cookies, and Kool-Aid™				
<b>SITTING: Sit Less...</b> Watching TV, Playing Video Games, and Sitting at the Computer				

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