Use the Healthy Bowl to plan your meal.

Fill ½ of your bowl with vegetables, ¼ lean meat or alternatives and ¼ whole grains.

Include fruit in either the vegetable portion of your healthy bowl or as a healthy snack.

Include two servings of milk or alternatives in your day.

Bowl with a diameter of up to 7 inches (18cm)

vch.ca/healthyplate
WHAT’S IN YOUR HEALTHY BOWL?

Shift the food proportions in your bowl to ½ vegetables, ¼ whole grains, ¼ meat & alternatives and reap the benefits!
- Vegetables are very high in nutrients and low in calories.
- Vegetables reduce risk of chronic conditions such as diabetes and heart disease.

HELPFUL TIPS

Ways to eat:
- Eat when you are hungry.
- Eat slowly and enjoy your food.
- Have regular meals to avoid overeating.

What to eat:
- Satisfy your thirst with water.
- Include fruit in either the vegetable portion of your healthy plate or as a healthy snack.
- Include two servings of milk or alternatives in your day.
- Meat and alternatives can include fish, lean meats, eggs, beans and nuts.
- Choose healthy oils such as olive, canola or peanut oil.

PORTION GUIDE

To avoid over-filling your bowl, here’s a handy portion guide:

Whole Grains: Choose an amount the size of your fist.
Vegetables: Choose as much as you can hold in both hands.

Meat & Alternatives: Choose an amount up to the size of the palm of your hand and the thickness of your little finger.

THE BOWL IS A USEFUL TOOL FOR PARENTS OF SCHOOL AGE CHILDREN

Reminder for parents:
- Parents and caregivers decide what, when, and where food is offered.
- The child decides whether to eat, and how much food to eat from what is offered.
- Set a routine for regular meals and snacks.

For more tips, links and helpful advice visit: vch.ca/healthyplate