

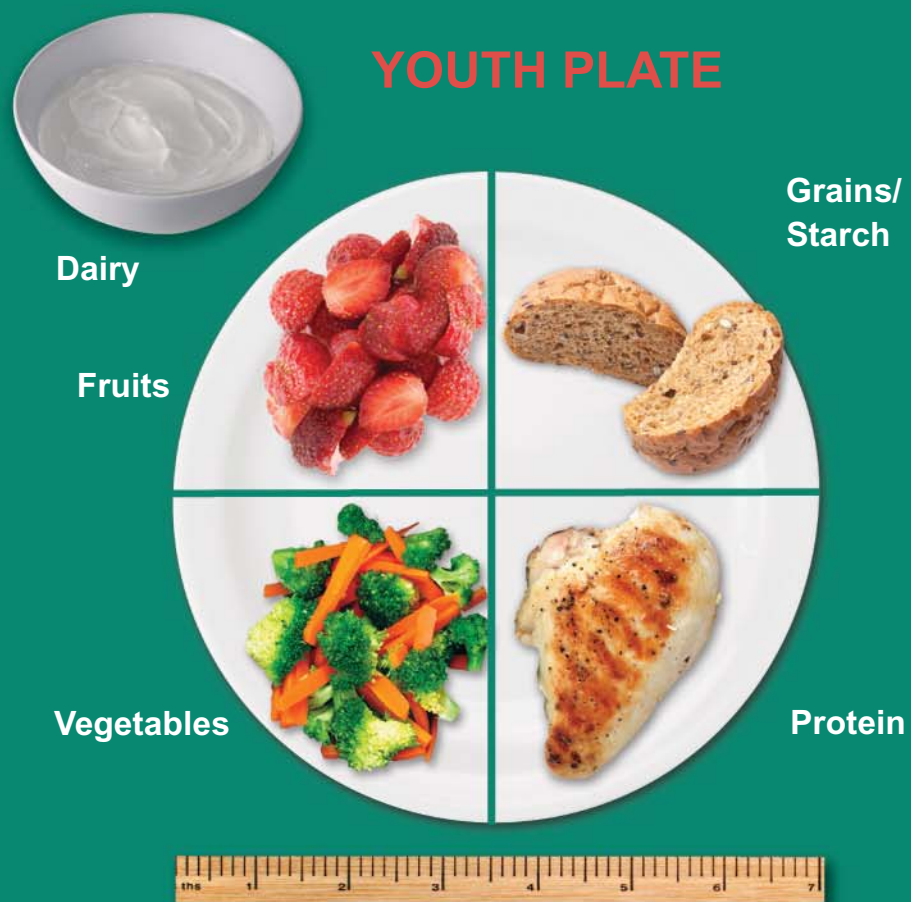
# More My Native Plates for Your Family

## Youth Plate Meal Tips

- Replace the yogurt with a small glass of low-fat, lactose-free or soy milk.
- Add a small pat of butter or margarine to the roll.

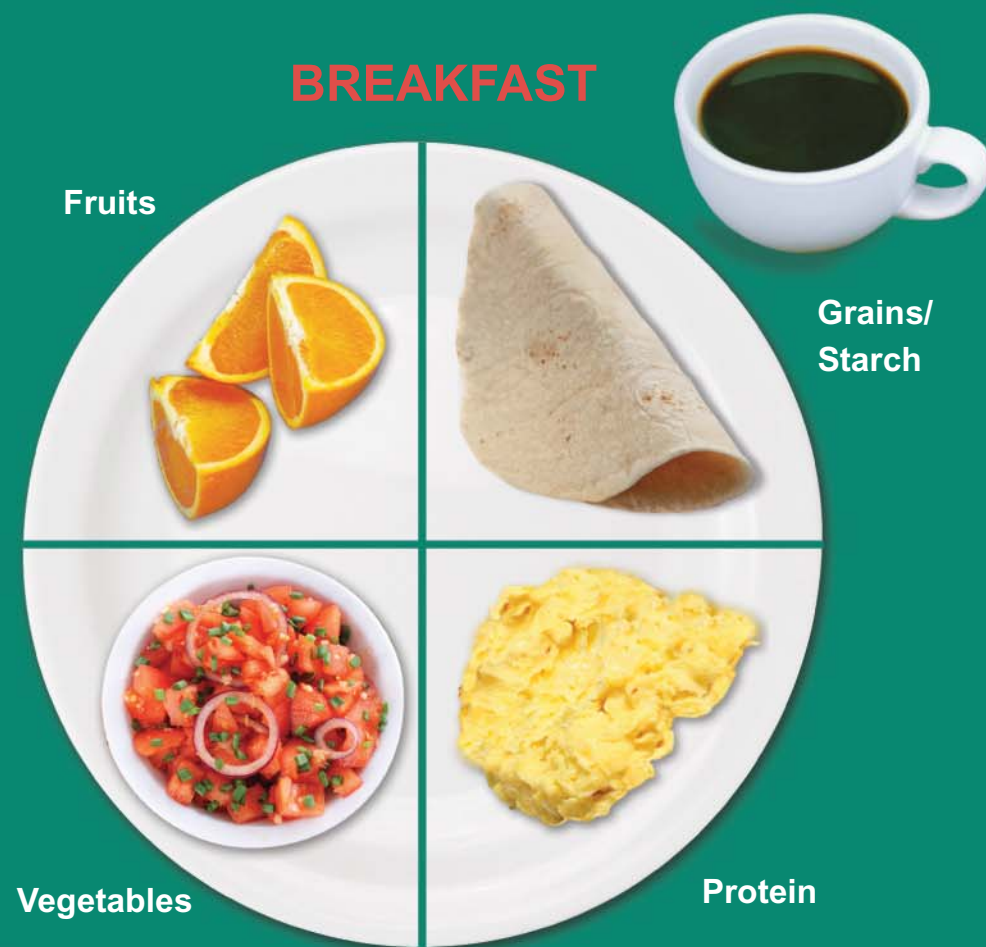
## Pictured Here

- Fresh strawberries
- Steamed carrots and broccoli
- Small roll
- Baked chicken
- Low-fat yogurt



Use a 7-inch plate for youth.

## BREAKFAST



## Breakfast Tips

- Wipe a little oil on frying pan before scrambling egg.
- Replace the medium-sized orange with half a cup of orange juice.
- Add a glass of low-fat, nonfat, lactose-free or soy milk.

## Pictured Here

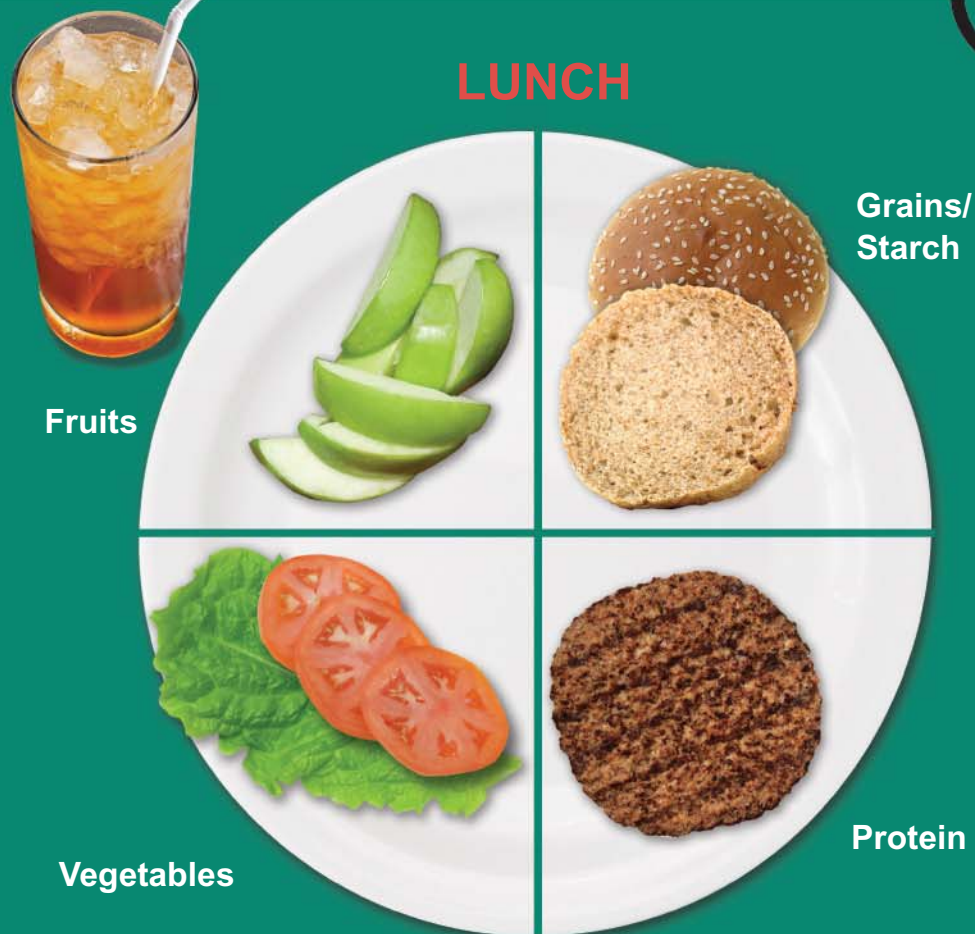
- Medium-sized orange
- Salsa
- Medium tortilla
- Scrambled egg
- Black coffee

## Lunch Tips

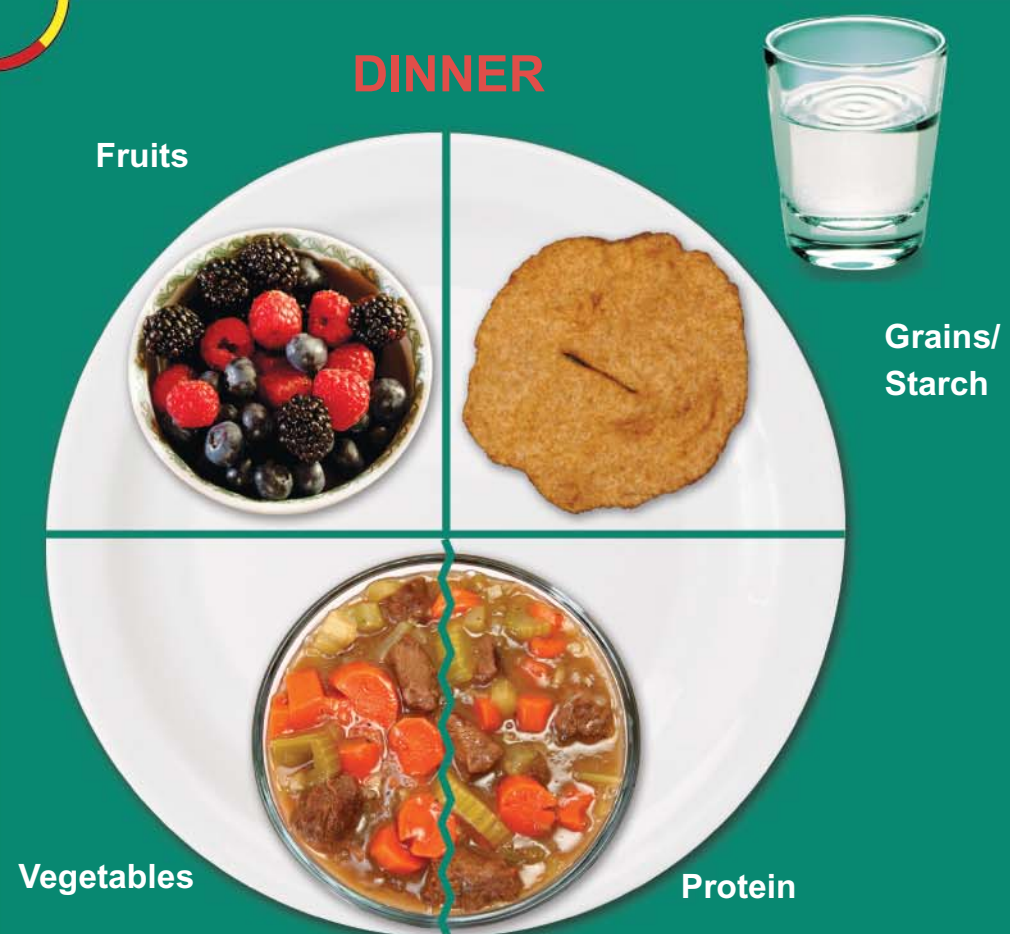
- Use ketchup and mustard on the hamburger.
- Skip mayonnaise.
- Skip French fries.
- Add one slice of cheese to add calcium and vitamins.

## Pictured Here

- Apple
- Lettuce and tomato
- Small whole-wheat bun
- Small hamburger patty
- Unsweetened iced tea



## DINNER



## Dinner Tips

- Top berries with low-fat yogurt to add calcium and vitamins.
- Skip butter or margarine, or use one pat.

## Pictured Here

- Mixed berries
- Beef and vegetable stew
- Small piece baked whole-wheat fry bread
- Water