

How to Prepare a Family Meal/Snack

1. There are three kinds of foods to serve at EVERY meal AND snack:

Food Name	What it is (examples)
Protein	Meat, fish, soy, nuts, dairy, dark beans, legumes
Starch	Bread, noodles, rice, crackers, cereal, cakes, cookies, potatoes, corn
Fruit/Vegetable	Apples, oranges, bananas, berries, melon, carrot, green beans, broccoli, cauliflower, lettuce, tomatoes, cucumber, dill pickle

2. Serve at **LEAST one of EACH** of these types of foods at each meal and snack.

1 protein, and 1 starch, and 1 fruit or vegetable

3. At least **ONE** food served needs to be a preferred food that your child will readily and easily eat.
4. Serve your child's one preferred food (at least) along with the foods the rest of the family is having. Everyone in the family gets some of this child's preferred foods. Your child also gets some of all of the other people's foods served at the meal.
5. Make one large meal that includes everyone's foods, then **NO** extra cooking.