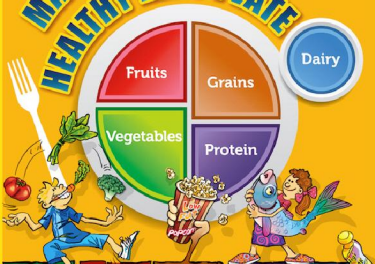


MAKE A HEALTHY KIDS PLATE



Veggies

Make your veggies fun!

Get lots of colors and try new things.

Make half your plate fruits and veggies.



Fruits

Fruit is good for you.

Smoothies and frozen fruits are great treats.

Whole fruit is better than juice.



Grains

Make half your grains whole.

Good news: Popcorn is a whole grain.

Try whole grain pasta, cereal and bread, too.



Protein

More than just chicken nuggets, hot dogs and burgers...

Keep it lean. Nuts, beans, peas, poultry, seeds, soy, seafood, eggs and lean meat are good choices.



Dairy

Kids need calcium.

Choose skim or 1% milk and yogurt, too.

