Dairy:

Kids, make sure you drink your milk to make your bones strong!

There's yogurt and cheese too!

Proteins:

These are more than just chicken nuggets and hot dogs…

Keep it lean with nuts and beans! Try peas and seeds, too!

Poultry and seafood are also good choices!

Grains:

Make half your grains whole.

Guess what! Popcorn is a whole grain!

Try whole grain pasta, bread, and cereal, too!

Fruits:

Fruit is good for you and it is better than juice!

Smoothies and fresh or frozen fruits make for a refreshing treat!

Veggies:

Make your veggies fun and full of color!

A colorful plate is a healthy plate!

Your plate should be half fruit and veggies.

LET'S MAKE A HEALTHY KIDS PLATE!

Dairy

Grains

Proteins

Veggies

Fruits



