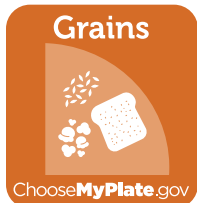
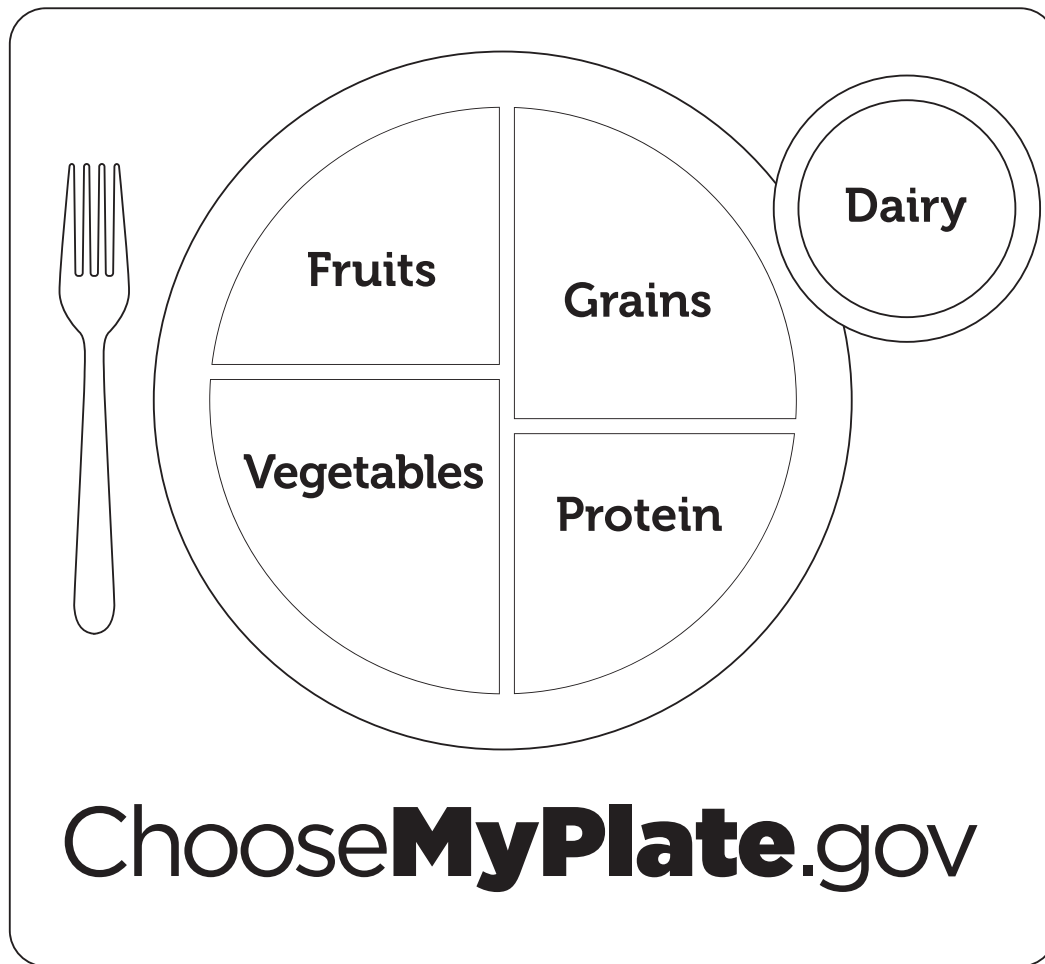


HOW TO EAT HEALTHY



Grains

Grains give us energy!

Grains are healthier if the whole grain is used

when the food is made.
Make half your grains whole.



Protein

Protein helps our muscles grow strong!

We can get protein from meat, milk, eggs,

beans, soy, fish, nuts/nut butter, legumes, cheese, and yogurt.



Dairy

Dairy foods help our bones and teeth be strong!

What are dairy foods? Milk, yogurt, kefir, and

cheese. If you have a milk allergy, try almond or soy milk.



Fruits

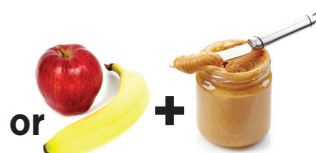
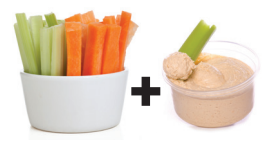


Vegetables

Fruits and vegetables help us grow up to be healthy and tall and strong.

They give us energy too! What's your favorite fruit / vegetable?

WINNING SNACK COMBOS



HARMONS
NEIGHBORHOOD GROCER