



# FOOD LISTS FOR EACH FOOD GROUP: FILLING UP MYPLATE

## VEGETABLES

- Artichoke
- Arugula
- Asparagus
- Avocado
- Basil
- Beets
- Broccoli
- Brussels Sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Chives
- Cilantro
- Corn
- Collard Greens
- Cucumbers
- Eggplant
- Fennel
- Garlic
- Ginger
- Green Onions
- Kale
- Lettuce/greens
- Mushrooms
- Onions
- Peppers, Bell
- Potatoes
- Peas
- Spinach
- Sprouts
- String Beans
- Squash
- Sweet Potatoes
- Swiss Chard
- Tomatoes
- Zucchini

## FRUIT (Dry, can, frozen, fresh)

- Apples
- Apricots
- Bananas
- Blackberries
- Blueberries
- Cantaloupe
- Cherries
- Coconut
- Cranberries
- Dates
- Figs
- Grapefruit
- Grapes
- Kiwi
- Lemons
- Limes
- Melon
- Nectarines
- Oranges
- Papaya
- Peaches
- Pears
- Pineapple
- Plums/ Prunes
- Pomegranate
- Raisins
- Raspberries
- Strawberries
- Watermelon

## PROTEIN

- Almonds
- Black beans
- Cashews
- Eggs
- Flax Seeds
- Garbanzo Beans
- Kidney Beans
- Lentils
- Lima Beans
- Peanuts
- Pecans
- Pinto Beans
- Pumpkin Seeds
- Sesame Seeds
- Soy Beans/Tofu
- Sunflower seeds
- Walnuts
- Ground Beef (93% lean) or grass fed
- Chicken Breasts
- Deli Meats
- Fish
- Steaks
- Tuna
- Turkey

## GRAINS

- Buckwheat
- Corn Tortillas
- Couscous
- Oats
- Orzo
- Popcorn
- Rice, Brown
- Rye
- Quinoa
- Taco Shells
- Whl.Wt Bagels
- Whl Wht breads
- Whl Wht Flour
- Whl Wht pasta
- Whl Wht Tortilla

## DAIRY

- Almond Milk
- Goats Milk
- Low fat milk
- Cheese
- Cream Cheese
- Soy Milk
- Sour cream, light
- String Cheese
- Yogurt

For balanced meal ideas visit [www.healthykidsplate.com](http://www.healthykidsplate.com)

