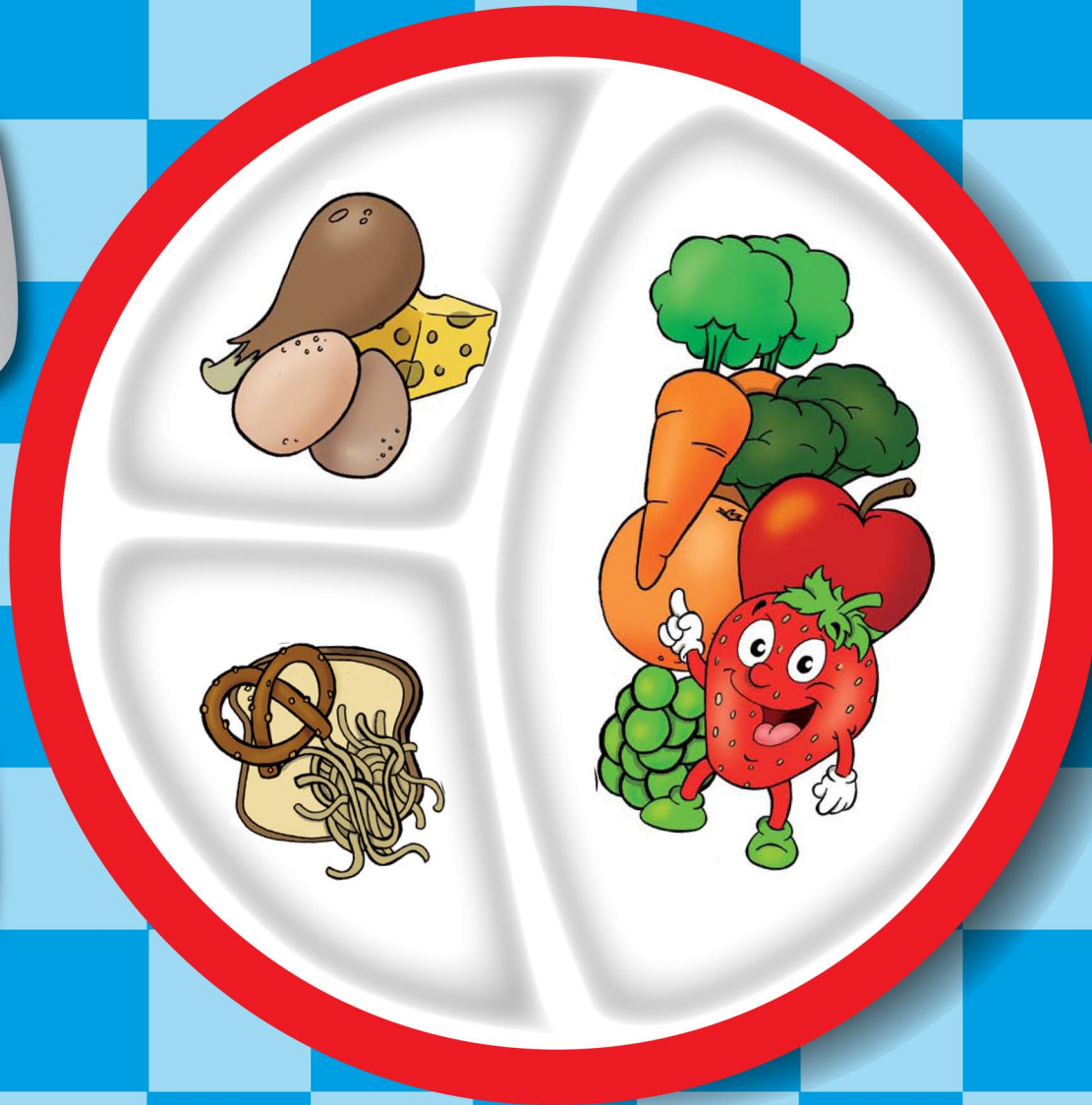


Healthy Habits For Healthy Kids

Proteins: Chicken, Eggs, Nuts, Fish, Beans, Yogurt, Milk, Cheese, Tofu, Turkey, Etc.



For Happy, Healthy Kids:

- * Choose seasonal, fresh, and local food.
- * Make Half your meal fruits and Vegetables
- * Eat Whole Grains and lean meats
- * Drink Water!

To Order Kids Plates Visit:

www.superhealthykids.com

Fruits and vegetables: Apples, Apricots, Avocados, Bananas, Blackberries, Cantaloupe, Cherries, Cranberries, Grapes, Grapefruit, Honeydew, Kiwi, Oranges, Papaya, Passion Fruit, Peach, Pear, Pineapple, Plum, Raspberries, Strawberries, Tangerines, Watermelon, Artichoke, Asparagus, Beans, Broccoli, Cabbage, Carrots, Cauliflower, Celery, Corn, Cucumbers, Lettuce, Mushrooms, Onions, Parsnips, Peas, Peppers, Yams, Potatoes, Spinach, Squash, Etc.

Grains: Whole wheat bread, Cereal, Rice, Pasta, Oatmeal, Popcorn, Muffins, Waffles, Granola, Bagels, Tortillas.