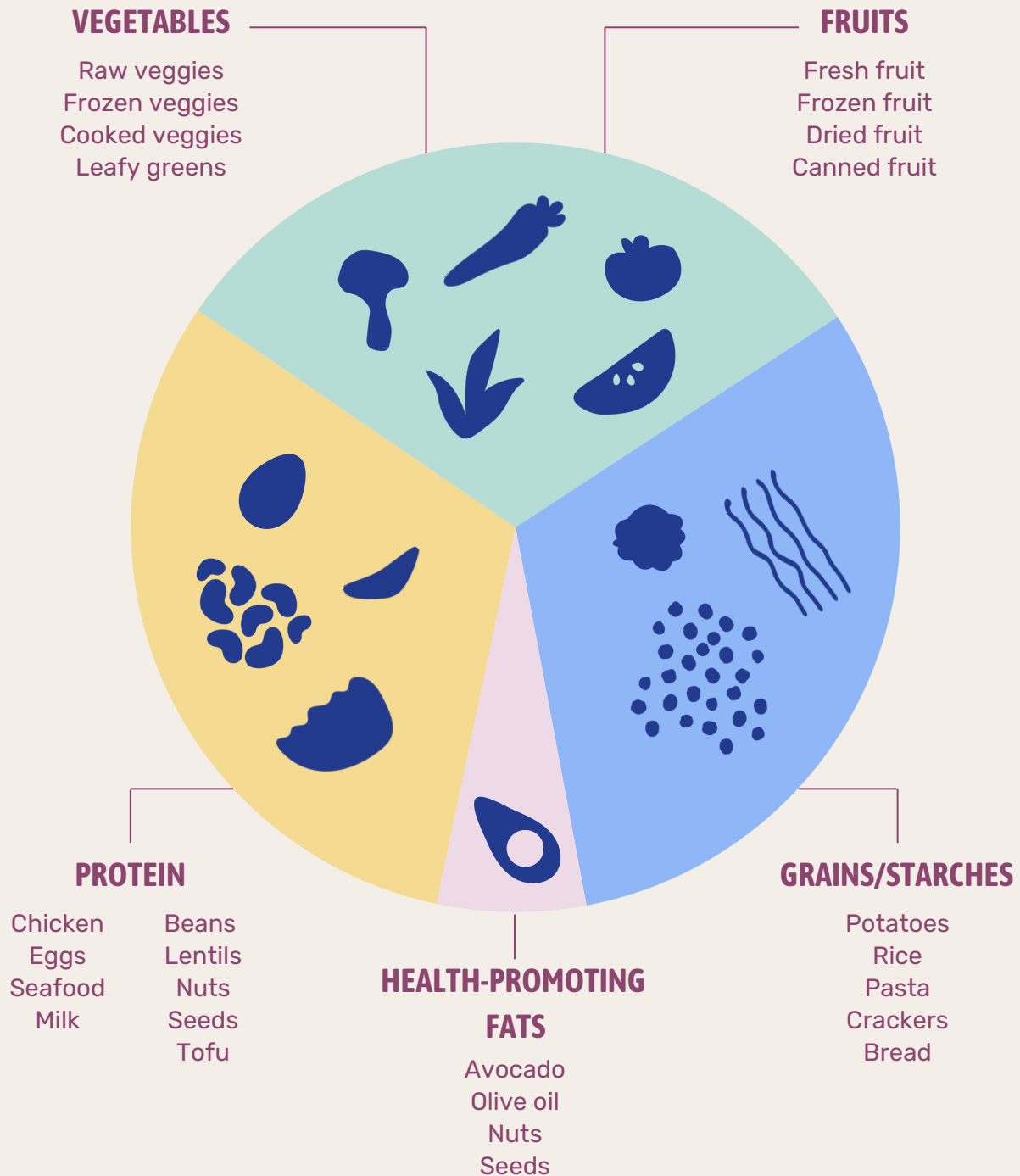


# A CHILD'S NOURISHING PLATE



# NOURISHING MEALS

Choose at least one from each column



## FRUITS & VEGETABLES

### Raw Veggies

carrots, cucumber, cherry tomatoes, broccoli, cauliflower, snap peas, radishes, or any other raw veggie of choice

### Cooked Veggies

asparagus, broccoli, zucchini, carrots, cauliflower, kale, eggplant, green/yellow beans, mushrooms, peas or squash

### Frozen Veggies

any frozen veggie combination

### Leafy Greens

cabbage, arugula, romaine lettuce, spinach, mixed leafy greens, kale

### Fresh Fruit

apples, apricots, bananas, berries, kiwi, cantaloupe, cherries, grapefruit, grapes, mangos, melon, nectarines, oranges, peaches, pears, pineapple, plums or watermelon

### Frozen Fruit

bananas, berries, mango, grapes, peaches or rhubarb

### Dried Fruit

apples, apricots, cranberries, dates, dried fruit bars, figs, raisins, prunes or any other unsweetened dried fruit

### Canned Fruit

unsweetened applesauce or other fruit sauce, any fruit canned in water and fruit

### 100% Real Juice

carrot, tomato, unsweetened fruit juice



## GRAIN/STARCH

### Hot Cereal

oatmeal, steel cut oats

### Dry Ready-to-Eat Cereal

High Fibre and lower sugar

### Pancakes or Waffles

whole wheat/whole grain more often

### Bread/ Bagels / English Muffins

multigrain, 100% whole grain whole wheat, rye

### Pita/Wraps

multigrain or whole wheat more often

### Pasta

try whole wheat

### Rice

basmati, brown, wild

### Potatoes/Sweet Potatoes/Yams

try baked, mashed or grilled

### Corn

fresh/frozen

### Crackers

wholewheat

### Muffins

low-fat, high-fibre, homemade

### Other Grains

couscous, barley, buckwheat, millet or quinoa



## PROTEIN

### Chicken

deli chicken breast, fresh/frozen lean cuts, lean ground chicken

### Turkey

deli turkey breast, fresh/frozen lean cuts, ground turkey

### Fish/ Seafood

canned tuna/salmon, fresh/frozen fish, crab, clams, lobster, mussels, scallops, shrimp

### Beef

fresh/frozen non-marbled, lean ground beef or trimmed cuts of beef

### Pork

deli ham, pork loin, pork tenderloin or roasted ham

### Lamb / Game

fresh/frozen lean cuts

### Cheese

cottage cheese, hard block and soft cheeses

### Milk/ Yogurt/ Eggs

### Soy Milk/ Soy Products

Calcium-fortified, roasted soybeans, tofu or soy burgers

### Beans/ Legumes

any beans or lentils, canned or dried

### Hummus or Falafel

### Nuts/Seeds

### Peanut Butter/Other Nut Butters