



SOUTHERN Remedy

HEALTHY EATING PLATE

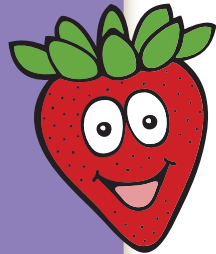
for children age 2 and up

NAME:

Ed Said has a message for your head. Check it out at EdSaid.org

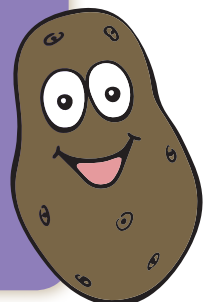
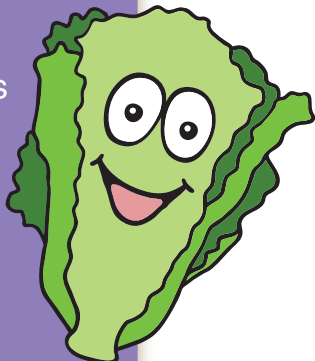
Fruit

- grapes
- banana
- strawberries
- apple
- orange
- pineapple
- watermelon
- cantaloupe
- blueberries
- peach
- raisins



Vegetable

- carrots
- corn
- green beans
- lettuce
- potatoes
- peas
- cucumbers
- broccoli
- tomatoes
- peppers
- squash
- spinach
- sweet potatoes
- turnip greens



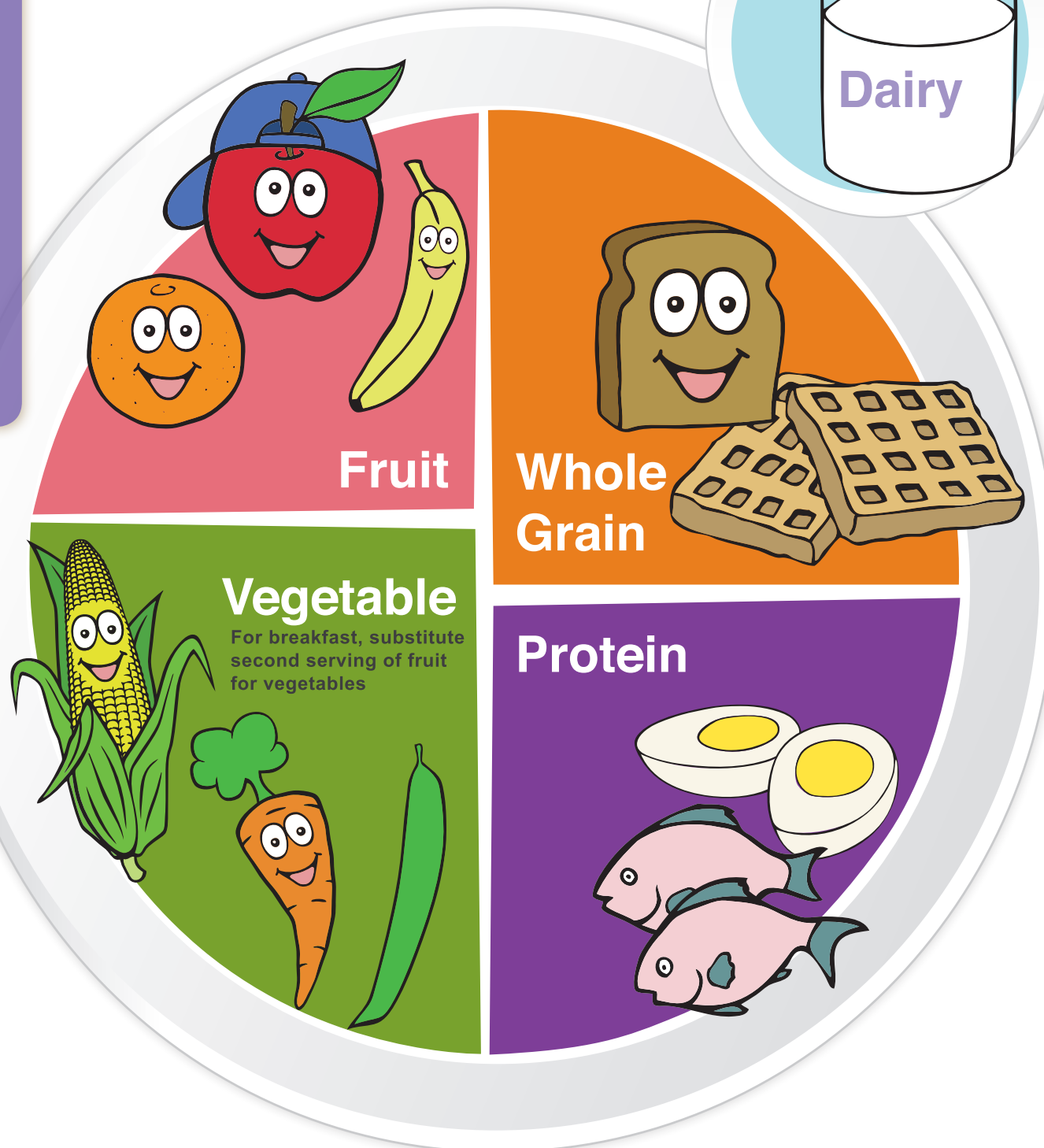
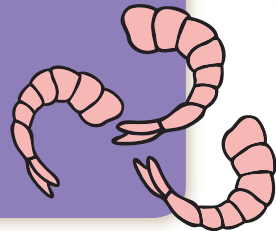
Whole Grain

- oatmeal
- english muffin
- cereal - low sugar
- bread/toast
- waffles
- bagel
- pancakes
- grits
- pasta
- rice
- tortilla



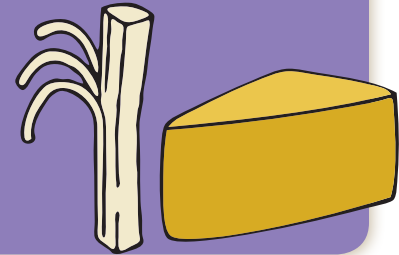
Protein

- turkey bacon
- sausage - low fat
- pork tenderloin
- lean steak
- kidney beans
- pinto beans
- peanut butter
- eggs
- chicken
- fish
- shrimp
- nuts



Dairy low fat or fat free

- cheese
- milk
- yogurt
- cottage cheese



Snack-or-Dessert

- fruit
- nuts
- popcorn
- trail mix
- hard-boiled egg
- frozen grapes
- celery with peanut butter and raisins
- apples and peanut butter
- graham crackers and yogurt
- frozen yogurt
- frozen fruit bar
- string cheese
- carrots and dip
- granola bar
- cheese and crackers
- fruit dipped in yogurt
- peanut butter and banana



Note

To family and friends: This information can be used to teach kids age 2 and older about healthy food choices. The goal is to include choices from each food group as a part of the daily diet.



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