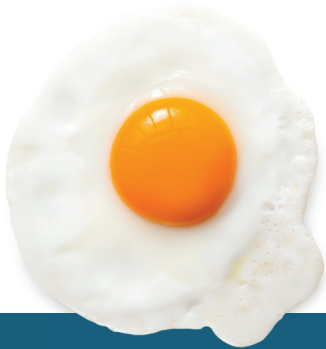


Teach your kids to make healthy food choices

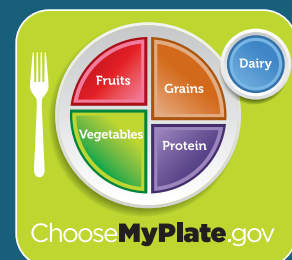


This is one change I will make this week:

- Choose from at least two food groups for snacks and four food groups for meals.
- Choose colorful vegetables for meals and snacks.
- Choose fresh, frozen or canned fruit instead of juice.
- Switch to whole grains when shopping for bread or cereal.
- Select low fat or fat-free dairy for family members over 2 years old.
- Try beans, tofu, seafood or eggs instead of meat for some meals.

Try another tip next week.

Start simple
with MyPlate



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From *Eat from the Five Food Groups* (1472).

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