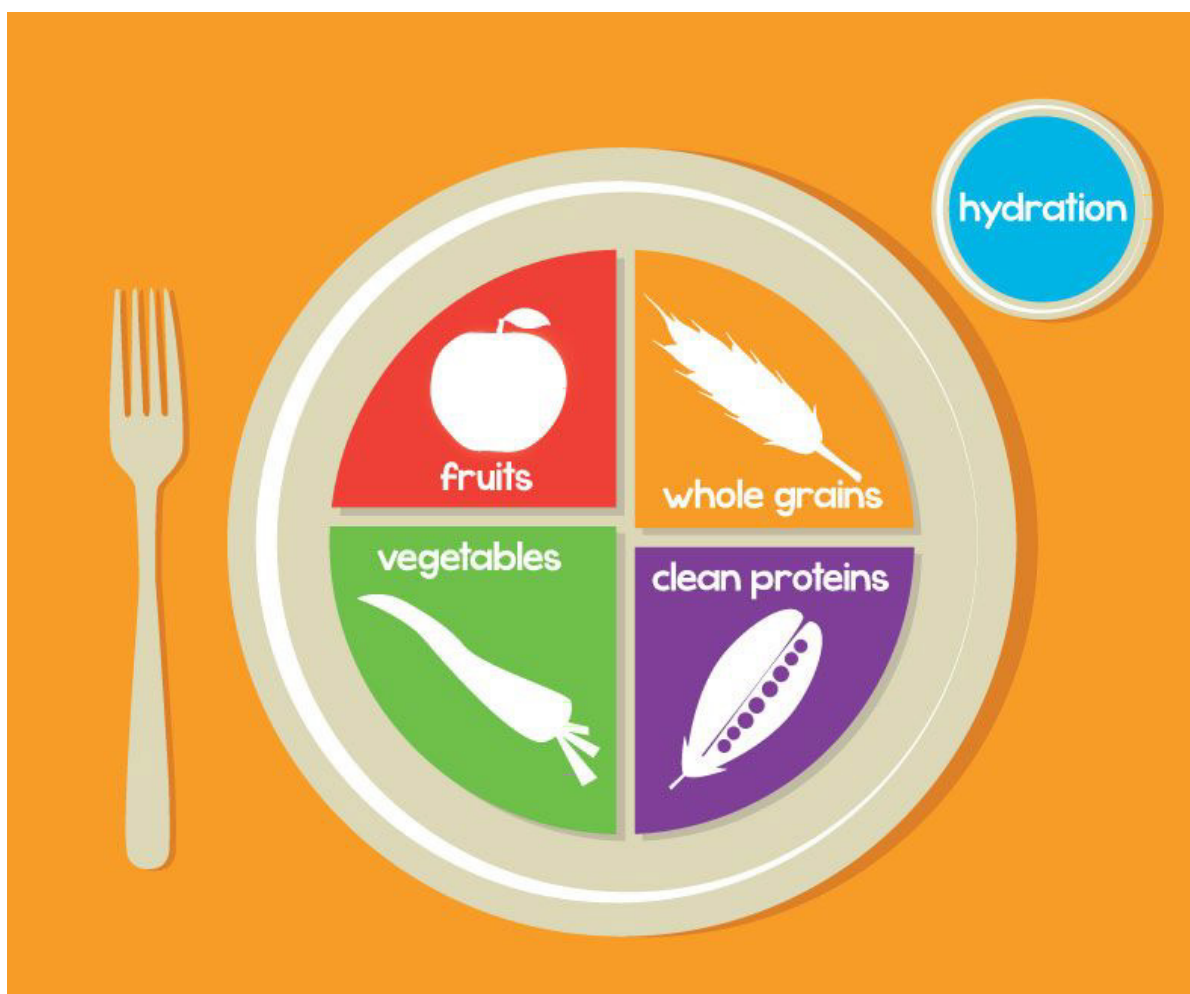


Wkids Healthy Plate

Healthy kids choose healthy foods! Use the plate below as your guide at each meal:

- Fill up at least half of your plate with fruits and veggies--add lots of leafy greens!
- Choose whole grains such as brown rice, whole grain pasta, millet, and barley
- Pick clean proteins such as beans, peas, lentils, tofu, nuts, and seeds
- Be sure to drink plenty of water--it's the healthiest beverage we can drink!



For more information, tips, and activities, visit Wellness Foundation's website at www.wfeh.org.