



I'm an Eat Smart Kid:

I eat foods from all the food groups



Balancing my Meals

Color the star	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Grains look for whole grains							
Veggies choose different colors to eat							
Fruits Eat more fruit, make sure juice is 100% fruit							
Milk Go low fat or fat free							
Meat/ Beans try some fish and nuts							
Don't forget to Move It							