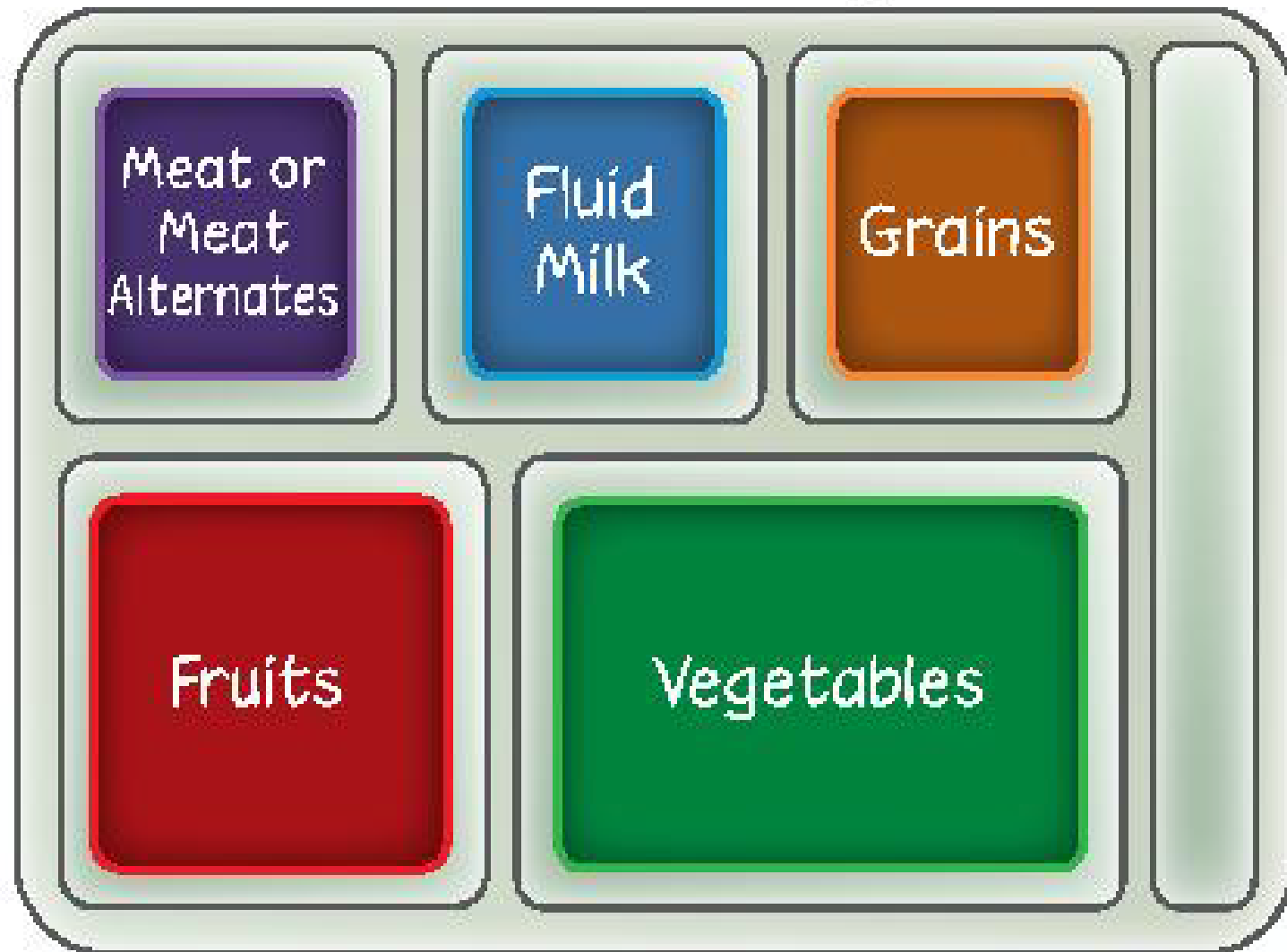


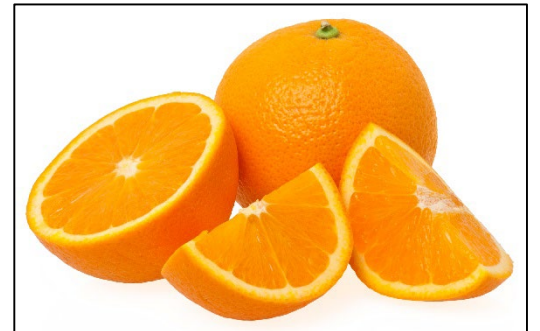
Build a Healthy Lunch



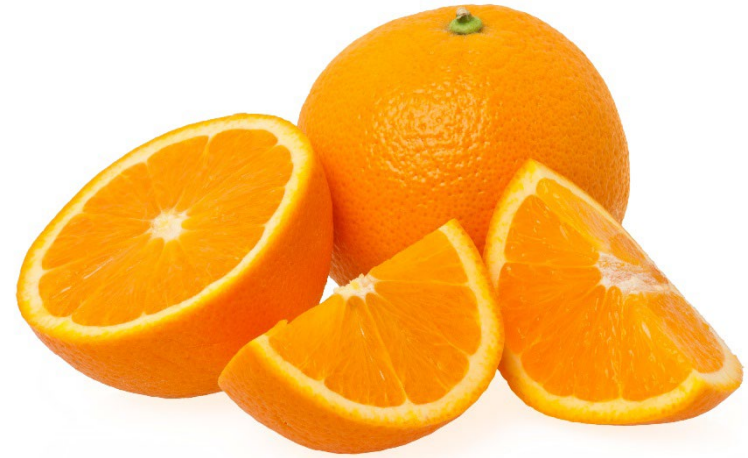
FRUIT Facts



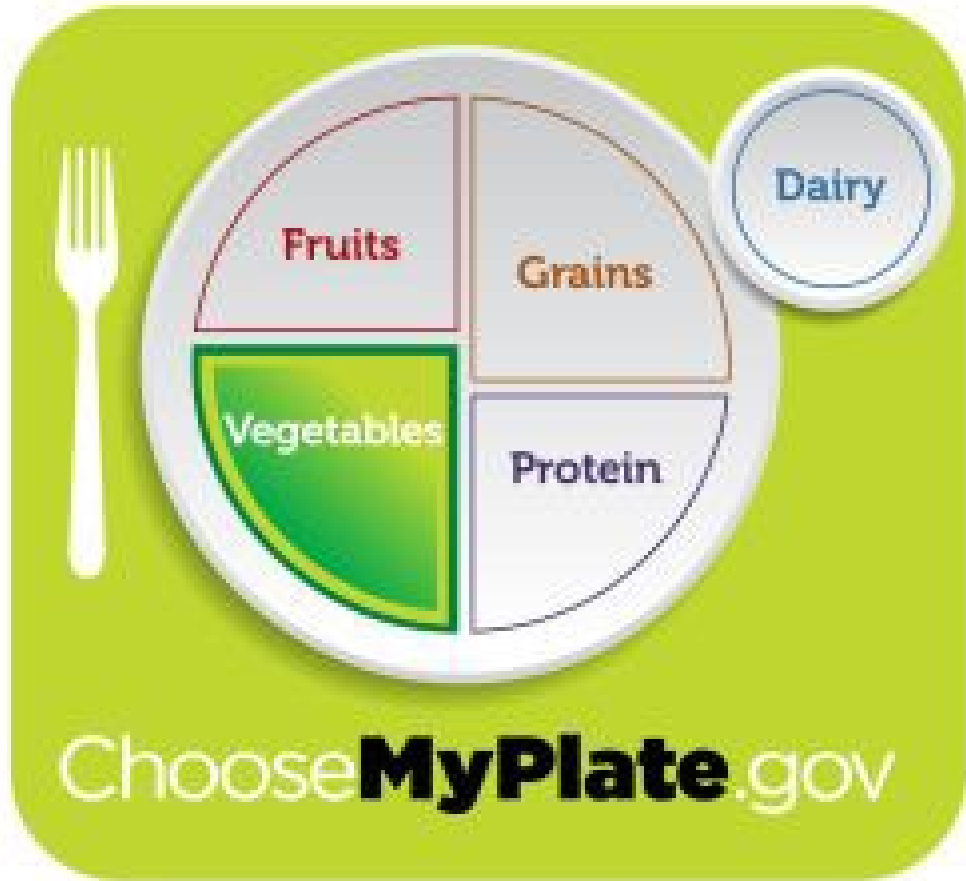
- Eat 2-3 serving/day
- Eat a variety of colors
- Heart-Health benefits
- Nutrients from fruit:
 - Vitamin C
 - Fiber
 - Potassium



FRUIT!



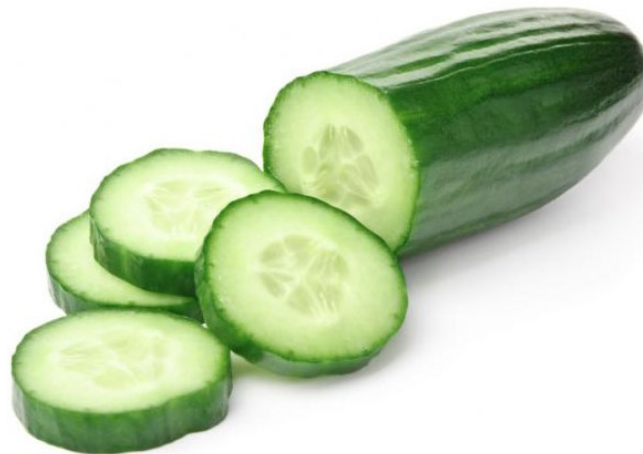
VEGETABLE Facts



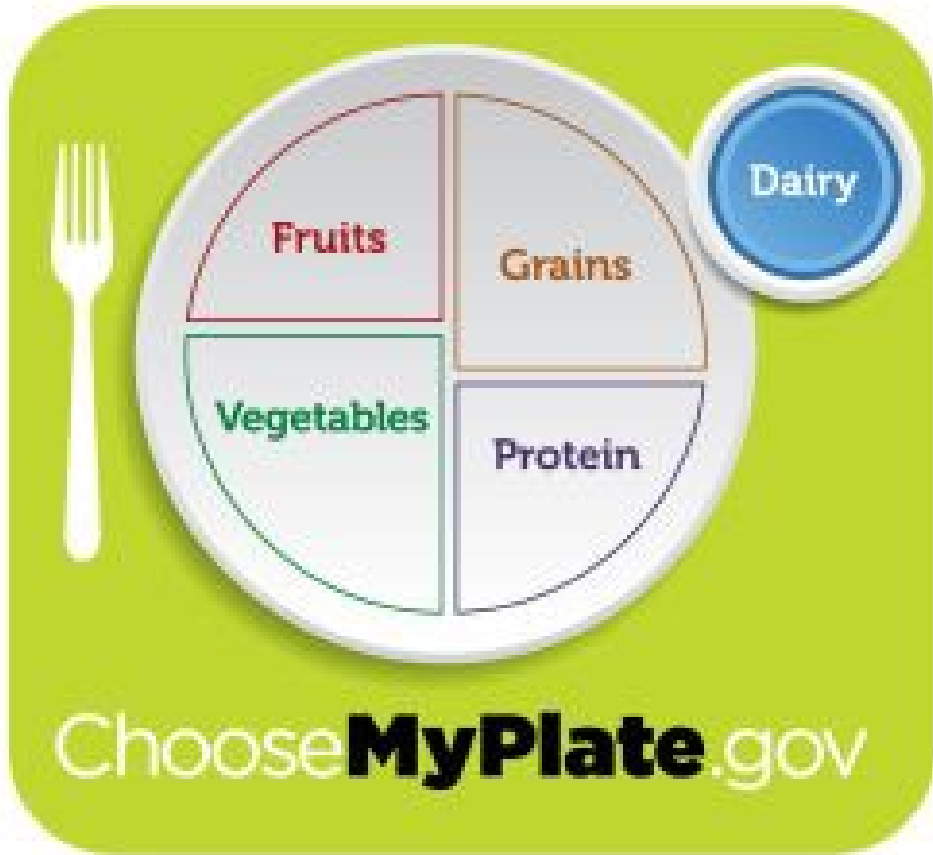
- Eat 3-5 servings/day
- Nutrients: Vitamins A, C, E
- Reduce risks for: heart disease, some cancers, Type 2 diabetes
- Try all the sub-groups:
 - ~ Red/orange ~ Dark Green
 - ~ Beans/Peas ~ Starchy ~ Other



VEGETABLES!



DAIRY Facts



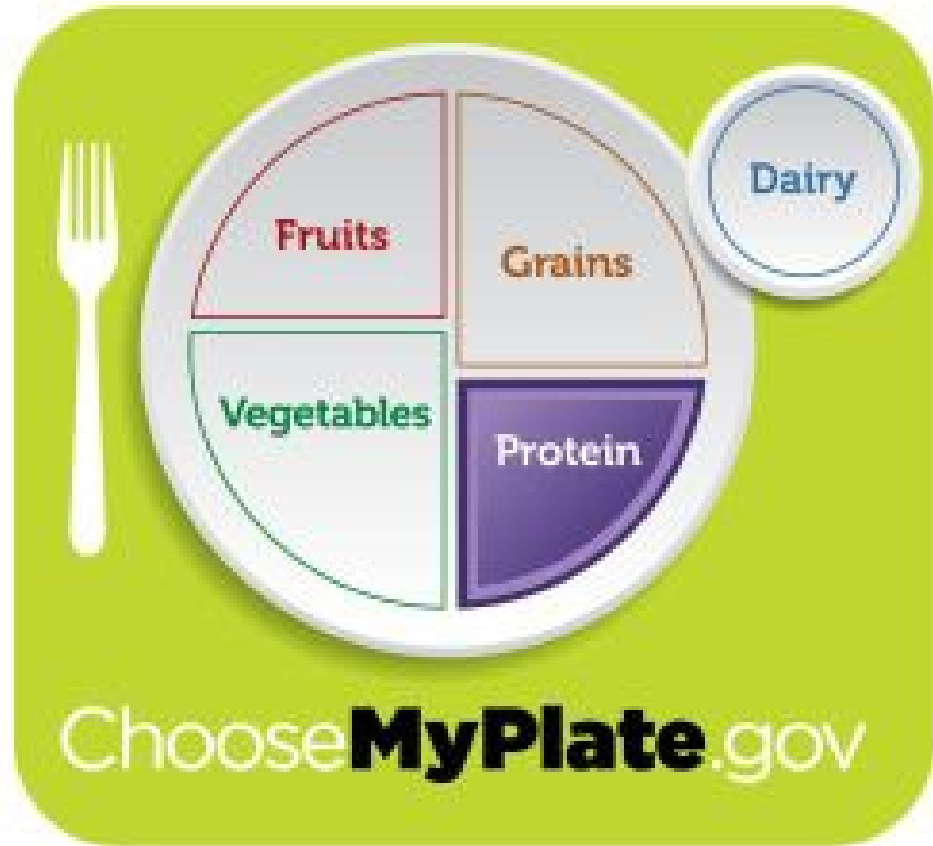
- ❖ Eat/drink 3 servings/day
- ❖ Nutrients: Calcium, Vitamin D, Protein
- ❖ Builds strong teeth and bones
- ❖ At school, cheese and yogurt are protein foods



DAIRY!



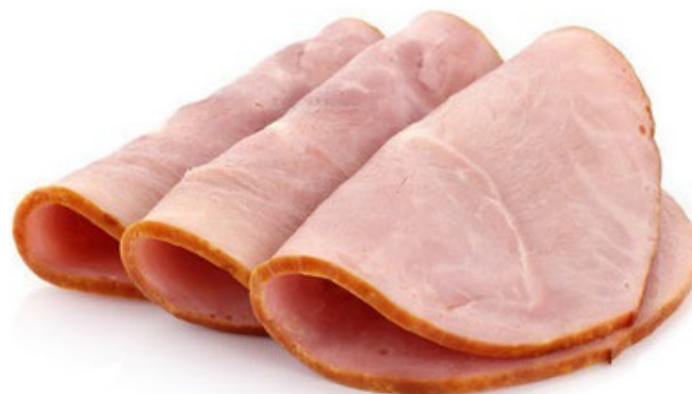
PROTEIN Facts



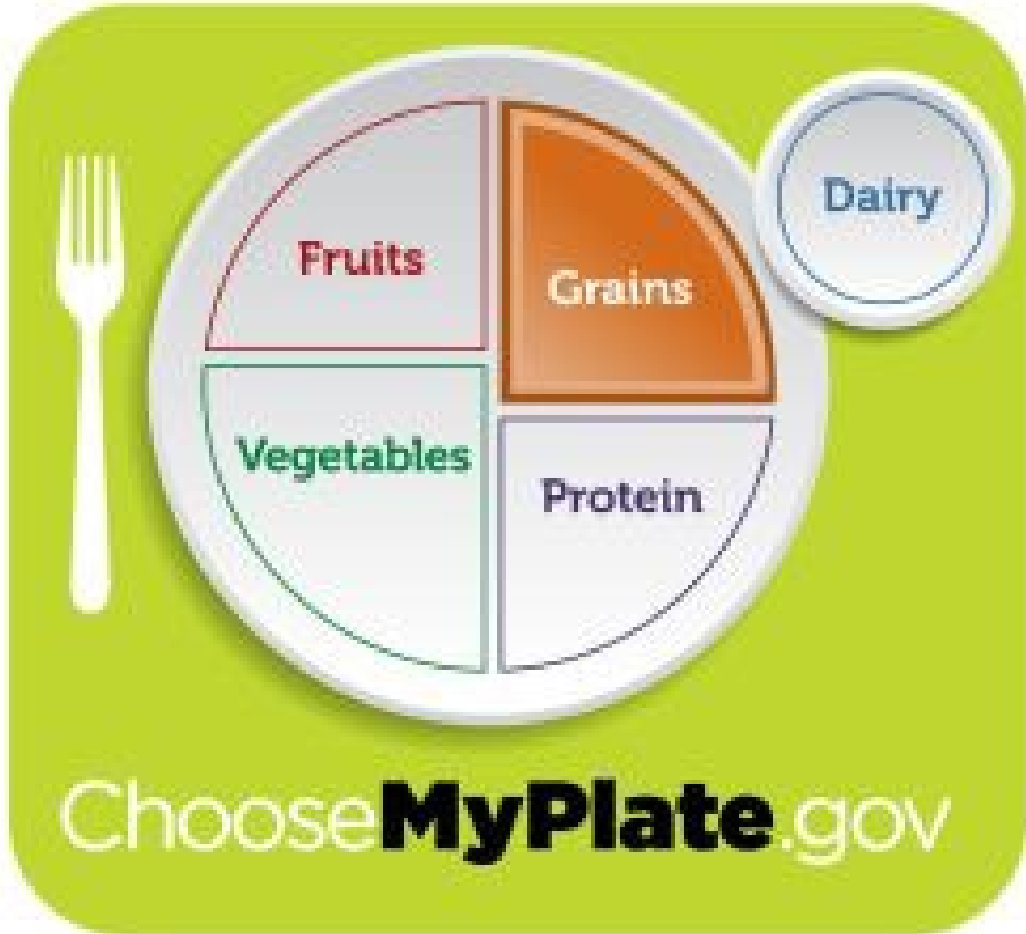
- Eat 5-6 oz./day
- Nutrients: Iron, B vitamins
- Builds muscle and bone
- Helps you feel fuller longer
- Eggs, yogurt, cheese beans and nuts are good sources of protein



PROTEIN!



GRAIN Facts



- Eat 5-8 servings/day
- Whole grains are best!
- Whole grains: Vitamin B, Iron, Potassium
- Great source of carbohydrates



GRAINS!

