

## Eat the Rainbow!

- Eating a variety of food groups promotes proper nutrition
- Meal: choose at least 3 food groups
- Snack: choose at least 2 food groups

## Healthy Cooking Counts!

- Grill, bake, broil, steam, poach, sauté
- Choose healthy oils such as olive oil, vegetable oil, canola oil, instead of butter or lard

## Choose Better Beverages!

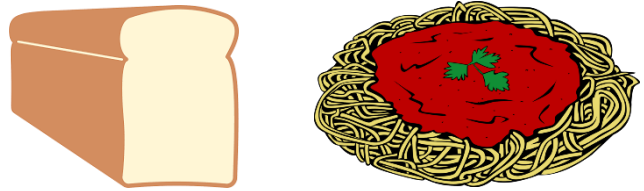
- Drink water or zero calorie beverages
- Choose low fat milk (Skim, 1% or 2%) or 100% fruit juice

## Use Salt-free seasonings!

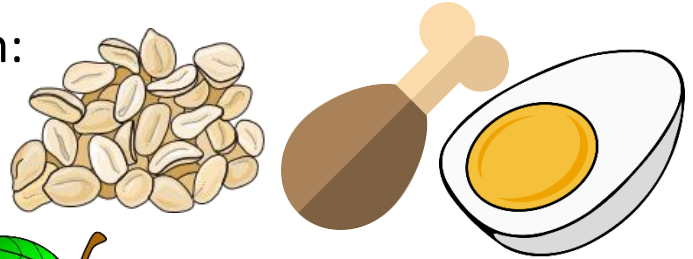
- Try herbs: parsley, basil, cilantro, thyme, rosemary
- Or acid: lemon, vinegar

## Food Groups:

Grains: choose whole grain options



Protein:



Fruit



Vegetable



Dairy

