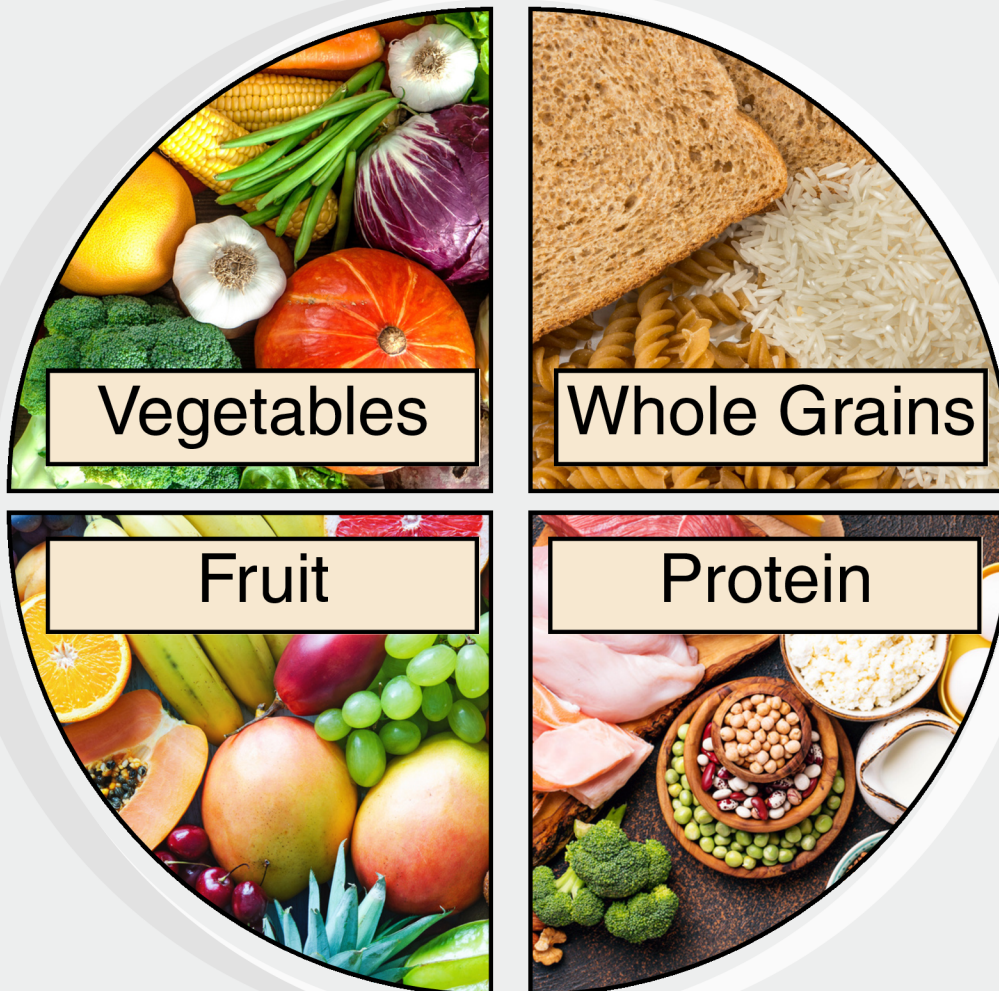


HEALTHY PLATE

12 MONTHS AND OLDER



Tip: Focus on the balance of foods offered, vs the amount. Let your child determine how much they are hungry for.

HEALTHY PLATE

QUICK REFERENCE FOODS

12 MONTHS AND OLDER

Vegetables

Broccoli
Cabbage
Greens
Green beans
Corn
Carrots
Bell Pepper
Avocado
Beets

Fruit

Berries
Apple
Grapes
Mango
Kiwi
Pineapple
Pear
Peach
Orange
Grapefruit

Whole Grains

Brown rice
Wild rice
Whole grain pasta
Whole grain bread
Quinoa
Oats/Oatmeal
Bulgur

Protein

Fish
Chicken
Beef
Eggs
Beans
Tofu
Nuts