

Build a Healthy Lunch

Protein

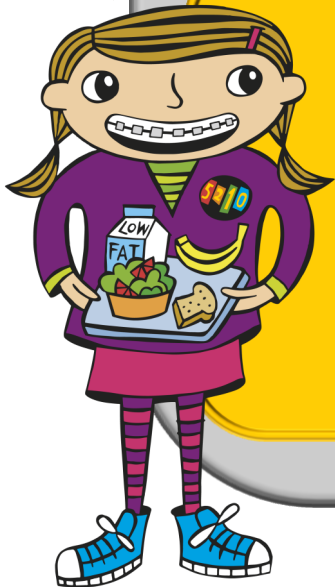
Grain

Milk

Remember to choose a fruit and/or vegetable!

Fruit

Vegetable



5 or more fruits & vegetables. 

2 hours or less recreational screen time* 

1 hour or more of physical activity 

0 sugary drinks, more water & low fat milk 

*Keep TV/Computer out of the bedroom. No screen time under the age of 2.