

Name \_\_\_\_\_

### Happy Feet Lunch

I had a lunch with a:

1. Vegetable \_\_\_\_\_
2. Fruit \_\_\_\_\_
3. Drink (water or low-fat milk) \_\_\_\_\_
4. Other (whole grain, protein or dairy) \_\_\_\_\_
5. Bonus (healthy food from any group) \_\_\_\_\_

Bring this to Happy Feet, Healthy Food Kids' Club and color in a footprint toward your "Official Happy Feet, Healthy Food Kid" ribbon.

Fun Fruit

Here are some suggestions for number 4.

WHOLE Grain	Protein	LOW-FAT Dairy
brown rice	eggs	yogurt
bread	lean meat	milk
crackers	fish	cheese
pasta	nuts	cottage cheese
cereal	beans	pudding
granola	peanut butter	smoothie



Please note that grains should be "whole" and dairy should be "low-fat". Portions can be small to medium for all lunch items. Ex. A "half" apple is fine for fruit. Try to reach a balance by eating foods from different groups each day or during the week. Numbers 1-4 must be filled in. Number 5 is optional.

Parent's signature \_\_\_\_\_

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Vegetable Love

Here are some suggestions for number 4.

WHOLE Grain	Protein	LOW-FAT Dairy
brown rice	eggs	yogurt
bread	lean meat	milk
crackers	fish	cheese
pasta	nuts	cottage cheese
cereal	beans	pudding
granola	peanut butter	smoothie



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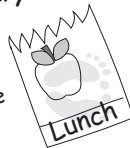
1. Vegetable \_\_\_\_\_
2. Fruit \_\_\_\_\_
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5. Bonus (healthy food from any group) \_\_\_\_\_

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Fruit First

Here are some suggestions for number 4.

WHOLE Grain	Protein	LOW-FAT Dairy
brown rice	eggs	yogurt
bread	lean meat	milk
crackers	fish	cheese
pasta	nuts	cottage cheese
cereal	beans	pudding
granola	peanut butter	smoothie



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Vegetable Vitamins

Here are some suggestions for number 4.

WHOLE Grain	Protein	LOW-FAT Dairy
brown rice	eggs	yogurt
bread	lean meat	milk
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pasta	nuts	cottage cheese
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