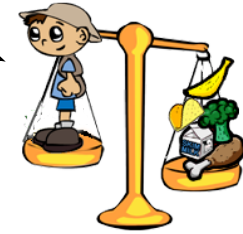


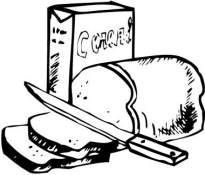
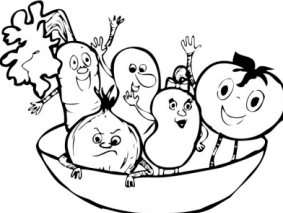





I'm an Eat Smart Kid:

I eat foods from all the food groups



The Five Food Groups

Color the star you eat each day	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Grains look for whole grains							
 Veggies choose different colors to eat							
 Fruits Eat more fruit, make sure juice is 100% fruit							
 Milk - Dairy Go low fat or fat free							
 Meat/ Beans try some fish and nuts							
Don't forget to Move It							

Free online nutrition games, fun activities and parent and child nutritional tools. For more, go to ChefSolus.com

Visit www.ChefSolus.com for Free online nutrition games, healthy interactive tools, fun activities, and tips!
 Copyright © Nourish Interactive, All Rights Reserved

