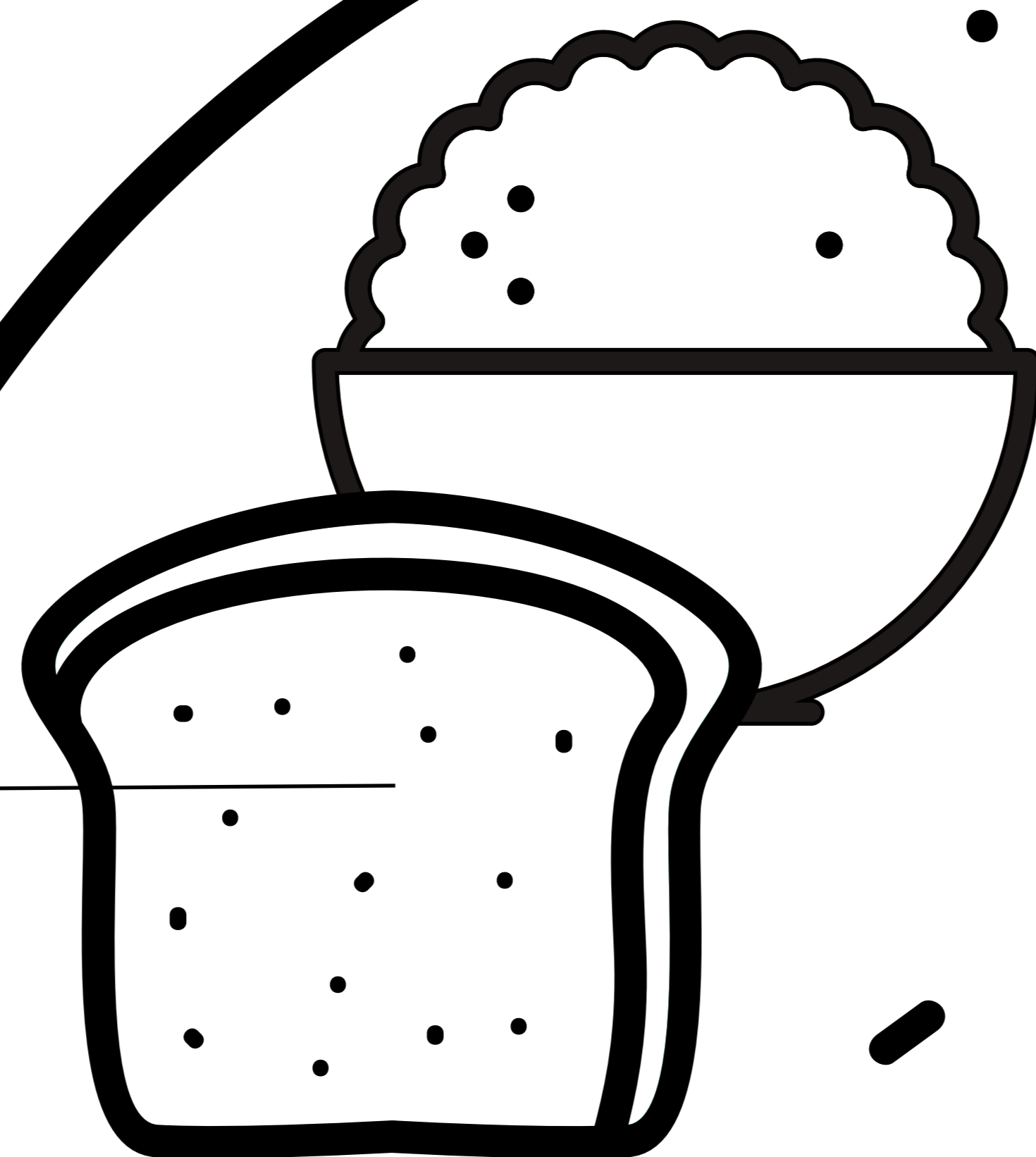


## A HAPPY, HEALTHY PLATE FOR KIDS

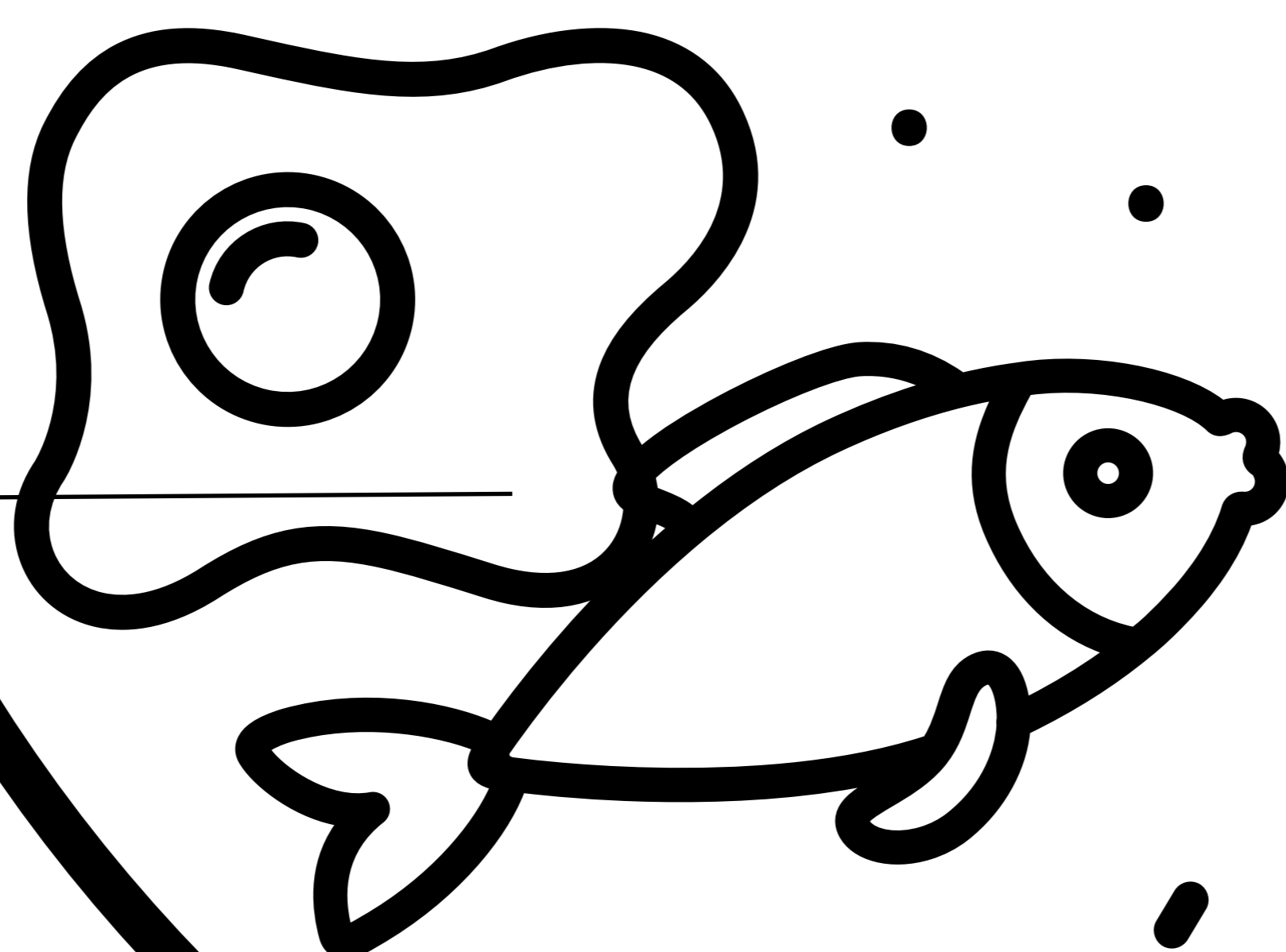
### WHOLEGRAINS

*(Brown rice, wholemeal bread, quinoa)*



### PROTEIN

*(Meat, fish, eggs, nuts, beans)*



### FRUIT & VEGETABLES



Choose water, use healthier oils, cook meat and veggies in a variety of ways (stir-fry, roast, steam, grill, sauté) and be active!