

## 1. Fruits and Veggies

Eating lots of fruits and vegetables is important for kids. They are full of vitamins and minerals that help you grow big and strong. Try making colorful salads or roasting vegetables with a little olive oil and herbs.

## 2. Whole Grains

Choose whole grain breads, pastas, and cereals instead of refined grains.

Whole grains have more fiber and nutrients.

You can make sandwiches with whole wheat bread or have oatmeal for breakfast.

Popcorn is a whole grain snack kids love.

## 3. Best Proteins

Proteins like chicken, fish, beans, and eggs are important for building muscles. Grill or bake chicken and fish and don't fry them.

Beans are delicious in soups, salads, or with pasta. Boil some eggs for a good health.

## 4. Healthy Fats

Fats are important for brain development, but choose healthy unsaturated fats.

Cook with olive or vegetable oil. Nuts, seeds, and nut - butters are great sources of healthy fats.

## 5. Limit Sweets

Sweets and sugary drinks should be limited. Too much sugar can be dangerous.

Satisfy a sweet tooth with fresh fruit, frozen yogurt, or a small square of dark chocolate. Drink water, milk, fruit juice instead of soda or juice drinks.