

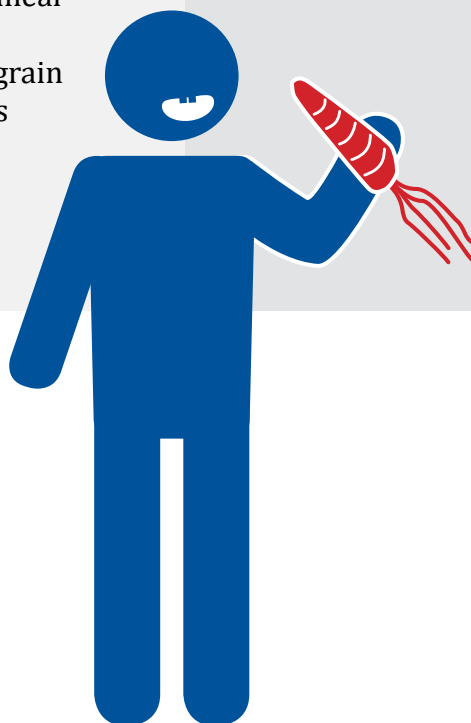


### Healthy Food Examples in the Four Food Groups

This information supports the following Healthy Beginnings 2-5 guidelines:

- Include all four food groups (vegetables and fruit, grain products, milk and alternatives and, meat and alternatives ) in meals served while in childcare.
- Serve two food groups for snacks. Ensure that one of the two food groups is a vegetable or fruit.

Vegetables & Fruit	Grain Products	Milk & Alternatives	Meat & Alternatives
Fresh vegetables and fruit	Whole grain bread and bagels	Plain milk	Meat and poultry
Frozen vegetables and fruit	Whole wheat tortillas, bannock and flat breads	Fortified soy beverage	Fish and other seafood – fresh, frozen, canned or dried
Canned vegetables (no salt (sodium) added)	Whole wheat pasta, couscous or quinoa	Hard cheese	Eggs
Canned fruit (no sugar or artificial sweetener added)	Brown or wild rice	Cottage cheese	Nut or seed butters
Dried fruit and vegetables (no sugar or sodium added)	Whole-grain cereal and oatmeal	Yogurt or soy yogurt	Soy products such as veggie burgers
Vegetable juice (low sodium)	Whole-grain crackers		Tofu
			Hummus
			Legumes (such as kidney beans, chickpeas, lentils)



Adapt these ideas to fit with what is local and available to you in your community.

Adapted from Healthy After Schools