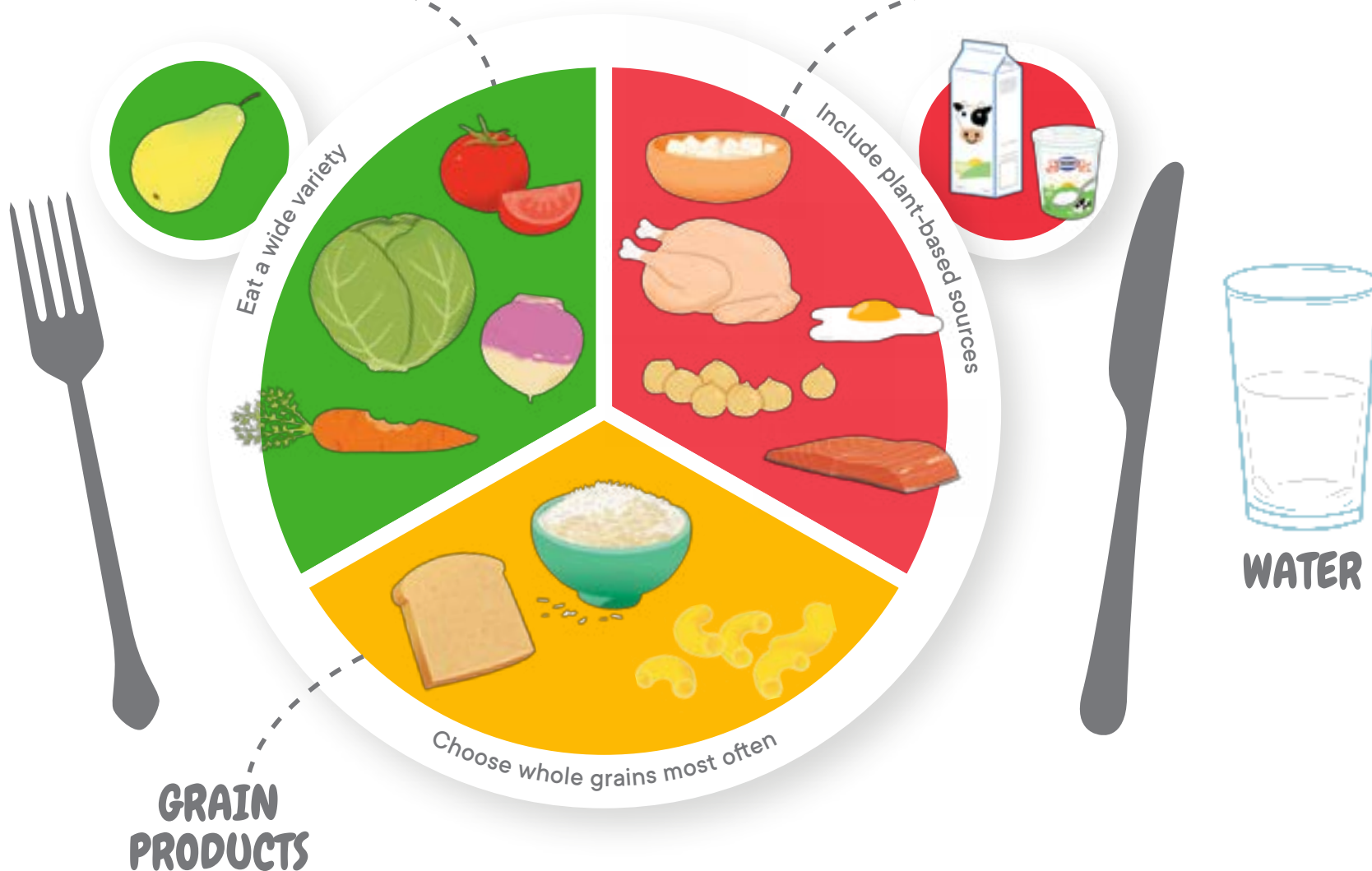


A BALANCED PLATE FOR EXPECTANT MOTHERS AND TINY TOTS

VEGETABLES AND FRUITS

PROTEIN FOODS



FOR A BALANCED PLATE, CHOOSE ONE FOOD FROM EACH BOX!

The food suggestions are only examples and do not make up a complete list.
Be sure to offer kids foods that are soft and not sticky.

Vegetables

(fresh, frozen or canned)

Brocoli
Cabbage
Carrot
Celery
Corn
Onion
Peas
Rutabaga
Spinach
Tomato

Fruit

(fresh, frozen or canned)

Apple
Banana
Berries (strawberries, blueberries, raspberries, etc.)
Dried fruit (raisins, apricots, dates, prunes, etc.)
Orange
Pear



Grain products

Barley
Bread (sliced, pita, hamburger roll, etc.)
Breakfast cereal
Bulgur
Cornmeal (polenta)
Couscous
Homemade muffin
Pasta (macaroni, spaghetti, etc.)
Rice
Rolled oats (oatmeal)



--- The potato is a vegetable that can replace grain products in a meal that already includes another vegetable.

Protein foods

Plant-based sources

Beans (lentils, chickpeas, kidney beans, etc.)
Enriched soy beverage (after age 2)
Peanut butter
Tofu

Animal-based sources

Cheese
Cow's milk (after 9 months of age)
Eggs
Fish (tilapia fillets, frozen sole fillets, canned salmon, etc.)
Homemade pudding (vanilla, tapioca, rice, etc.)
Meat (pork chops, ground beef, etc.)
Poultry (chicken thighs, ground turkey, etc.)
Seafood (frozen shrimp, canned clams, etc.)
Yogurt



To finish off the meal, choose a nutritious dessert as often as possible (fruit, yogurt, fruit crisp, homemade muffin etc.).

Snacking between meals helps me satisfy my hunger and keeps me energized all day.