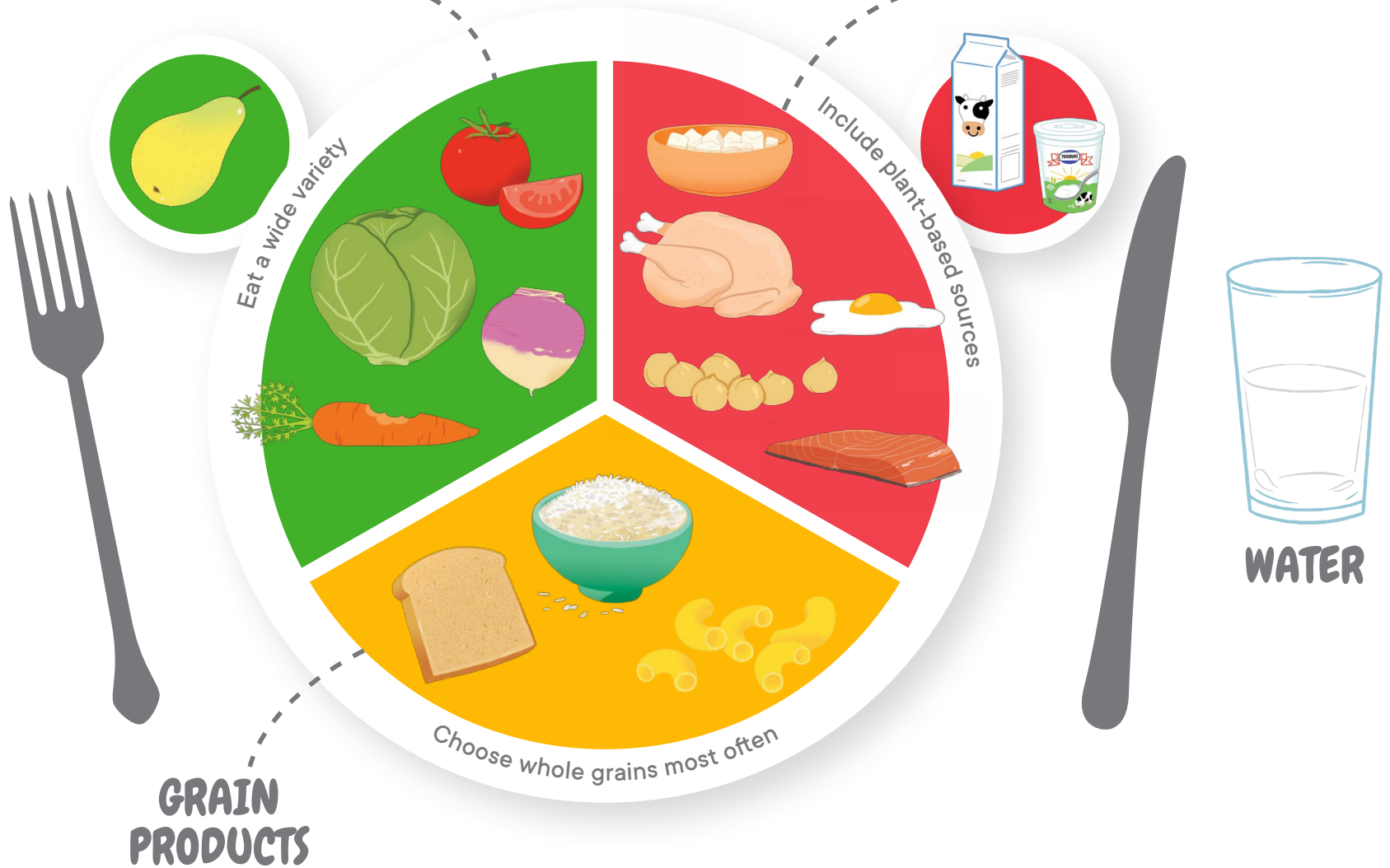


# A BALANCED PLATE FOR EXPECTANT MOTHERS AND TINY TOTS

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.

