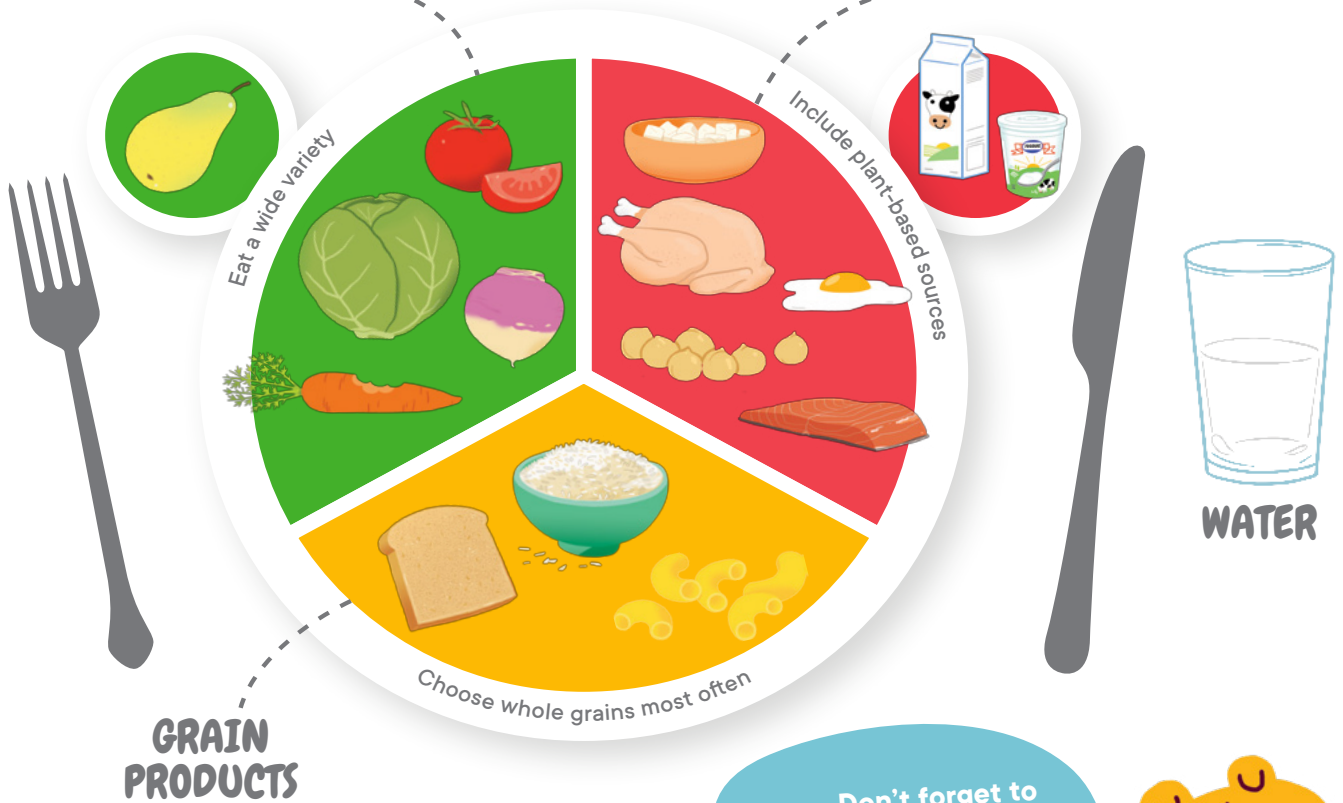


IS YOUR PLATE BALANCED?

VEGETABLES AND FRUITS

PROTEIN FOODS



Don't forget to drink water regularly during the day!



My Olo health care practitioner's advice:

My Olo health care practitioner's name: _____

Date: _____

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)

Broccoli
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.)

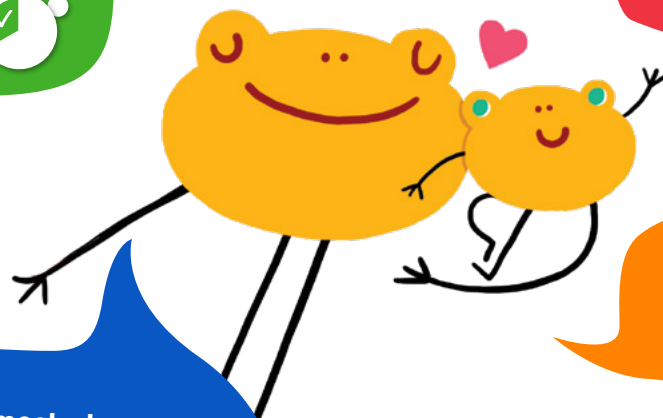
Homemade pudding (vanilla, tapioca,
rice, etc.)

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.

