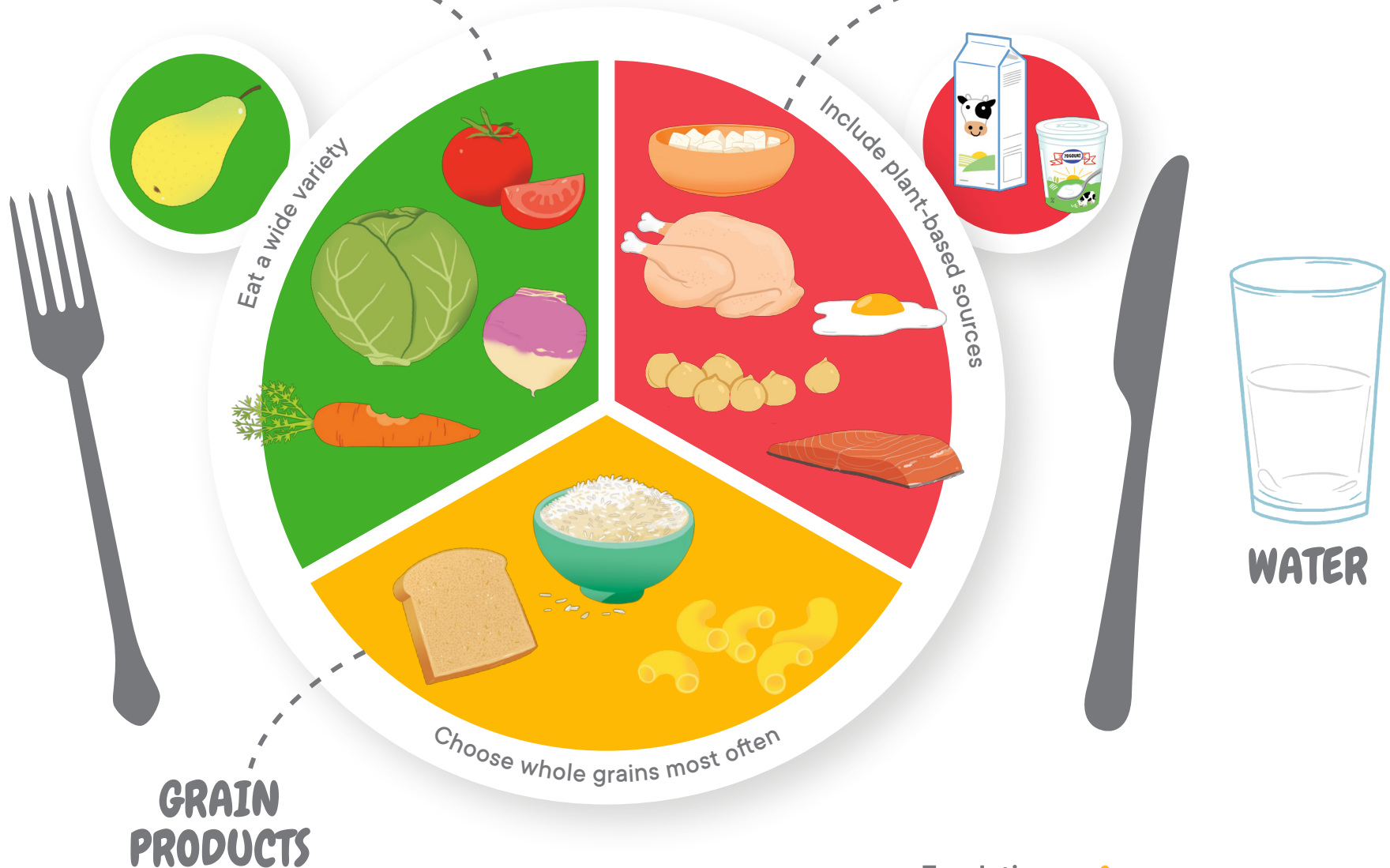


EXAMPLES OF BALANCED MEALS

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)

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.

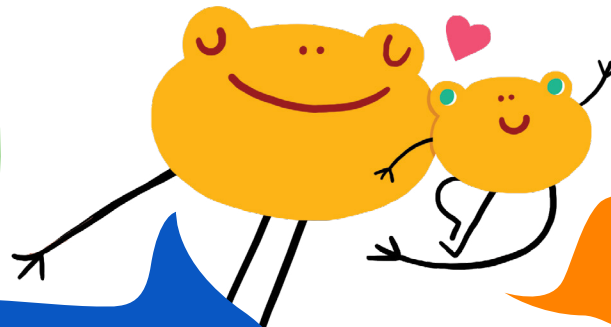
Protein foods

Plant-based sources

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

Animal-based sources

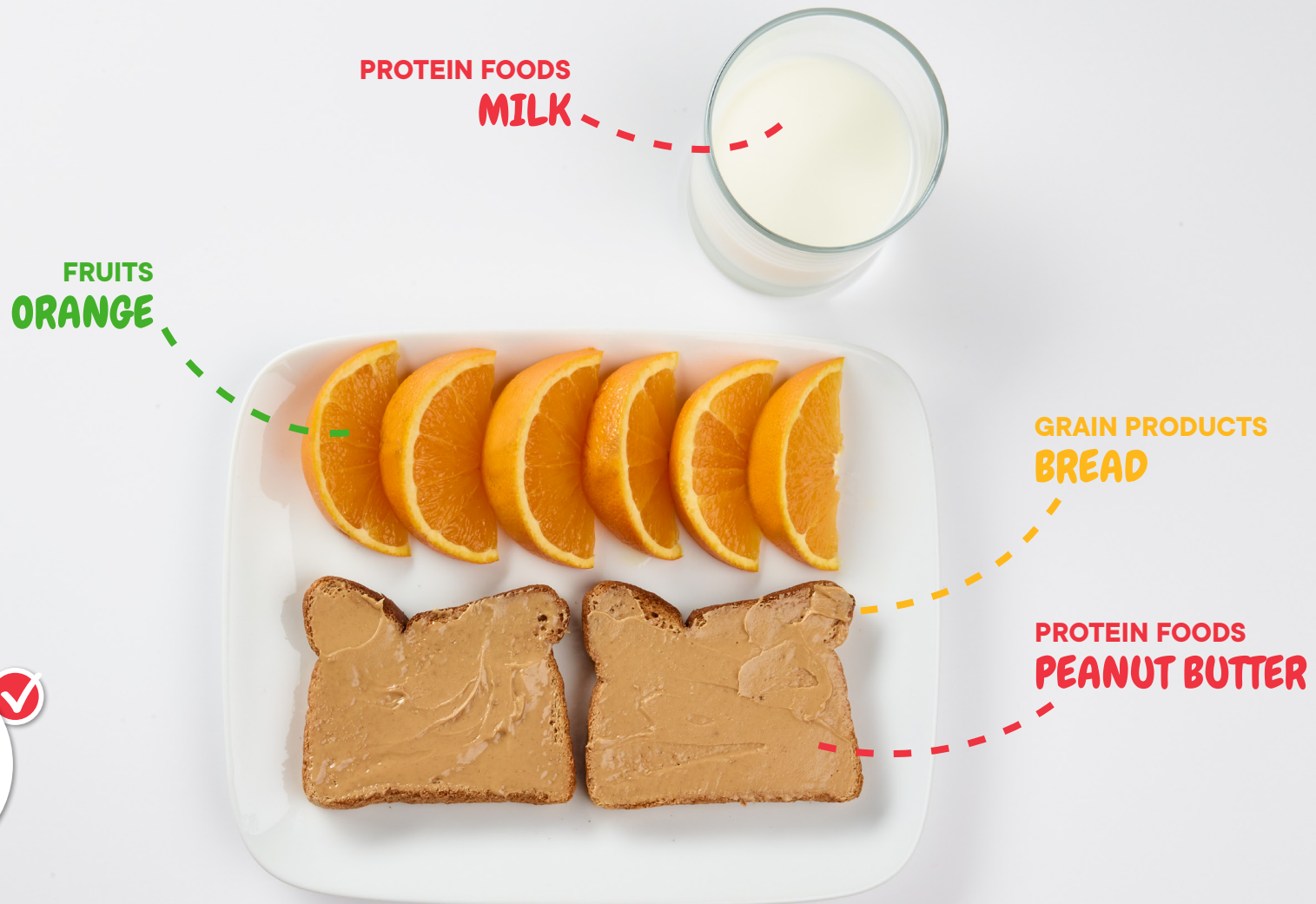
Cheese
Cow's milk (after 9 months of age)
Eggs
Fish (tilapia fillets, frozen sole fillets, canned salmon, etc.)
Homemade pudding (vanilla, tapioca, rice, etc.)
Meat (pork chops, ground beef, etc.)
Poultry (chicken thighs, ground turkey, etc.)
Seafood (frozen shrimp, canned clams, etc.)
Yogurt



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.

EXAMPLE OF A BALANCED BREAKFAST



To have a complete breakfast,
it's important to have a food
from every food group.
A snack later can round off
the balance of the meal.

EXAMPLE OF A BALANCED BREAKFAST

FRUITS
BANANA

OATMEAL

WATER

GRAIN PRODUCTS
OATS

PROTEIN FOODS
MILK



To have a complete breakfast,
it's important to have a food
from every food group.
A snack later can round off
the balance of the meal.

See recipe on our website:
fondationolo.ca/oatmeal

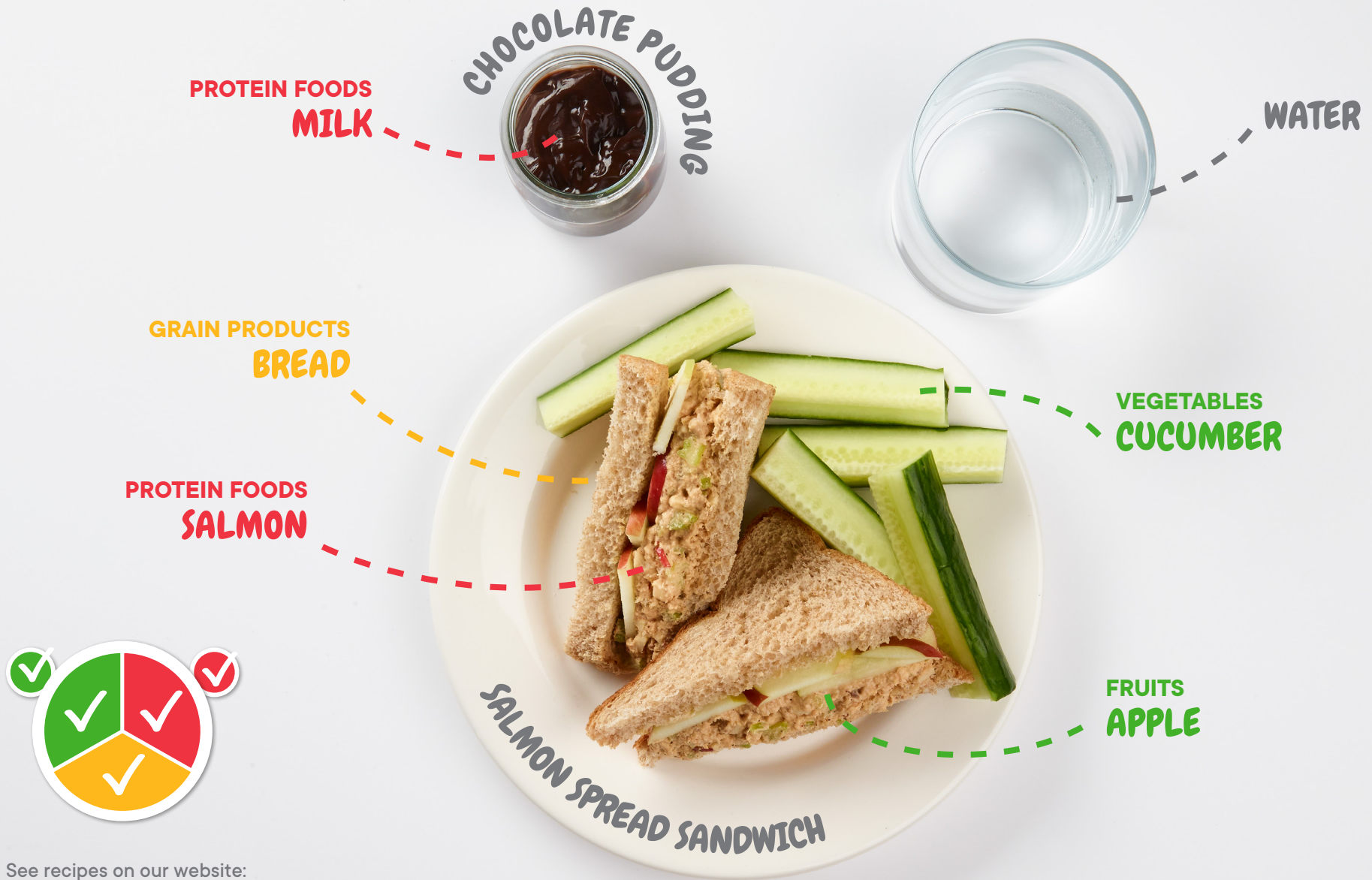
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Olo

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jours**

pour
savourer
la vie

EXAMPLE OF A BALANCED LUNCH



See recipes on our website:
fondationolo.ca/salmon-spread
fondationolo.ca/chocolate-pudding

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EXAMPLE OF A BALANCED VEGETARIAN LUNCH

WATER



VEGETABLES
VARIOUS VEGETABLES

VEGETABLE SOUP

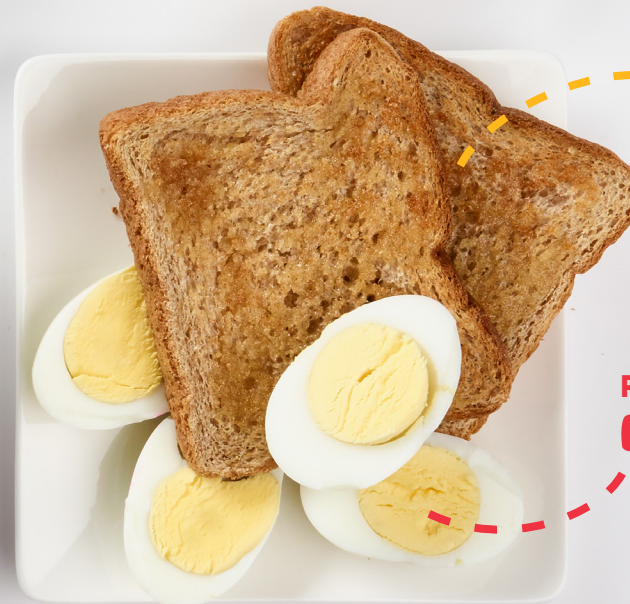


GRAIN PRODUCTS
RICE



PROTEIN FOODS
MILK

GRAIN PRODUCTS
BREAD



PROTEIN FOODS
EGGS



See recipes on our website:
fondationolo.ca/vegetable-soup
fondationolo.ca/rice-pudding

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EXAMPLE OF A BALANCED DINNER

WATER



FRUITS
RASPBERRIES



PROTEIN FOODS
YOGURT

SHEPHERD'S PIE

GRAIN PRODUCTS
POTATOES

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



PROTEIN FOODS
GROUND BEEF

VEGETABLES
WHOLE KERNEL CORN



EXAMPLE OF A BALANCED VEGETARIAN DINNER

PROTEIN FOODS
MILK



VEGETABLES
BROCCOLI

PROTEIN FOODS
CHEESE

MAC AND CHEESE, TOFU & ROASTED BROCCOLI



FRUITS
PEAR



GRAIN PRODUCTS
MACARONI

PROTEIN FOODS
TOFU



See recipe on our website:
fondationolo.ca/mac-and-cheese

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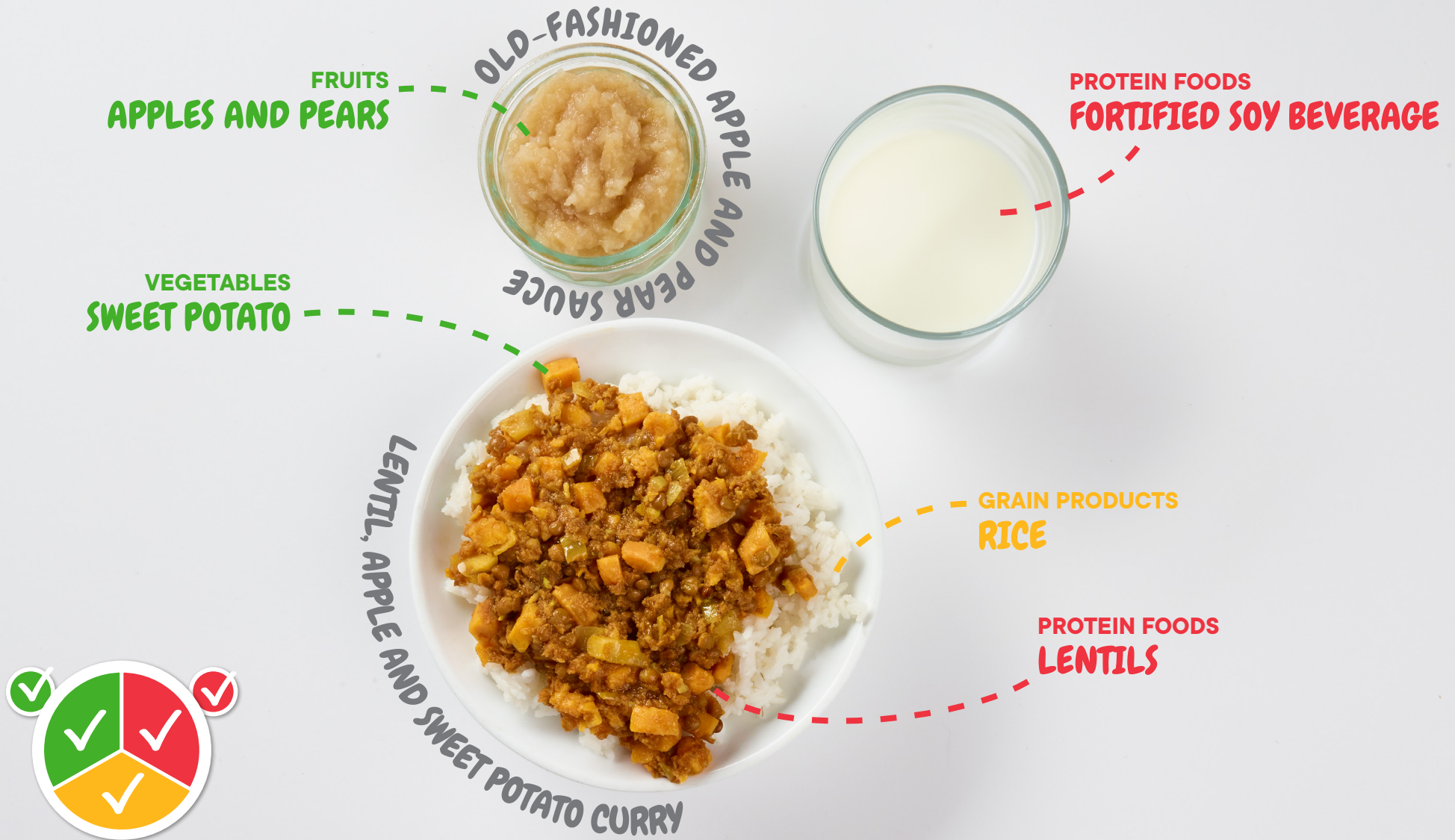
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EXAMPLE OF A BALANCED VEGAN DINNER



See recipes on our website:
fondationolo.ca/lentil-curry
fondationolo.ca/apple-pear-sauce

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