

Kid's Healthy Eating Plate

Healthy
fat



Dairy



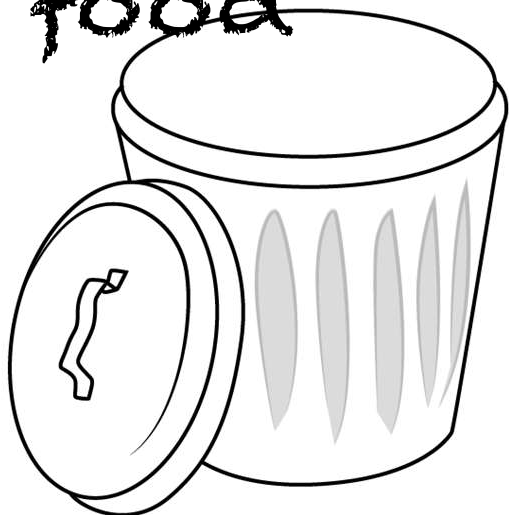
Vegetables

Whole
Grains

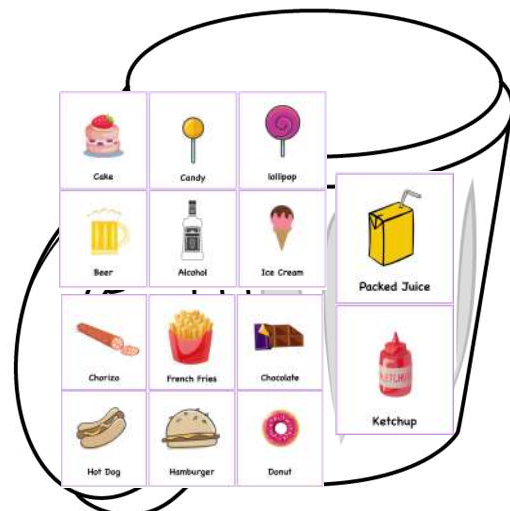
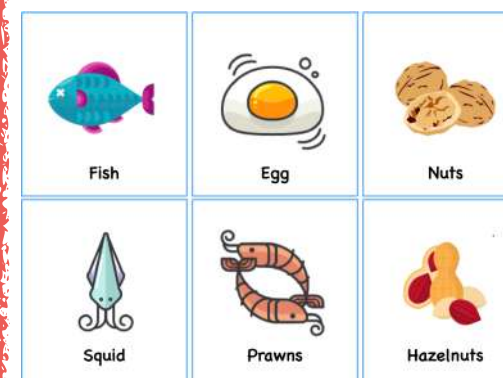
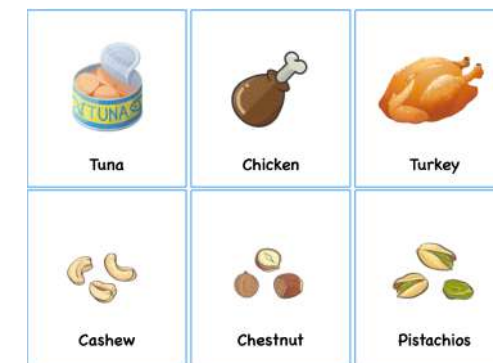
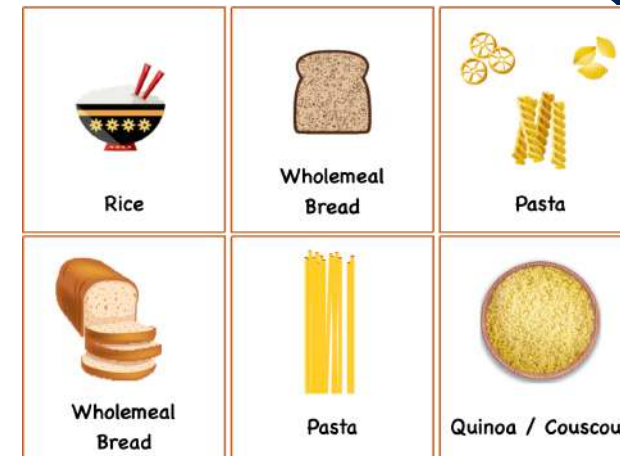
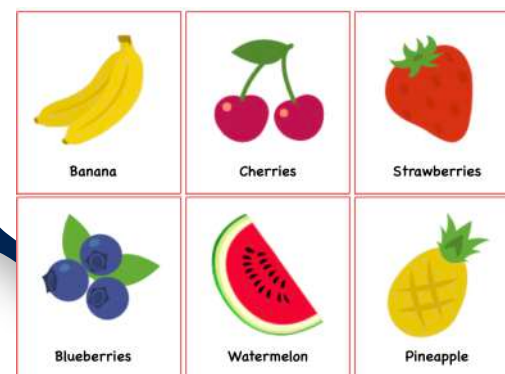
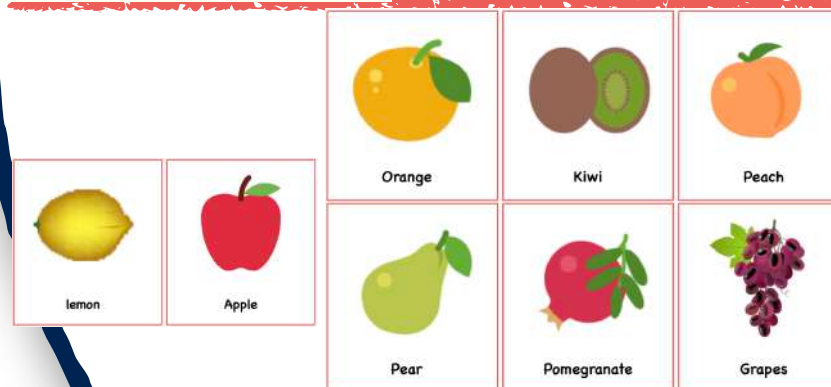
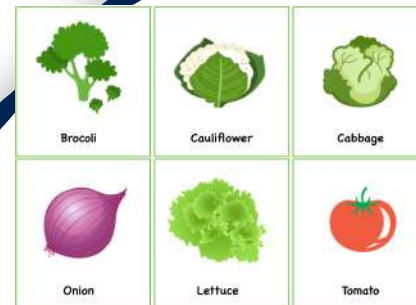
Fruits

Healthy
Protein

Junk
food



Kid's Healthy Eating Plate



HEALTHY EATING PLATE

Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.



The more veggies – and the greater the variety – the better. Potatoes and French fries don't count.

Eat plenty of fruits of all colors.



STAY ACTIVE!

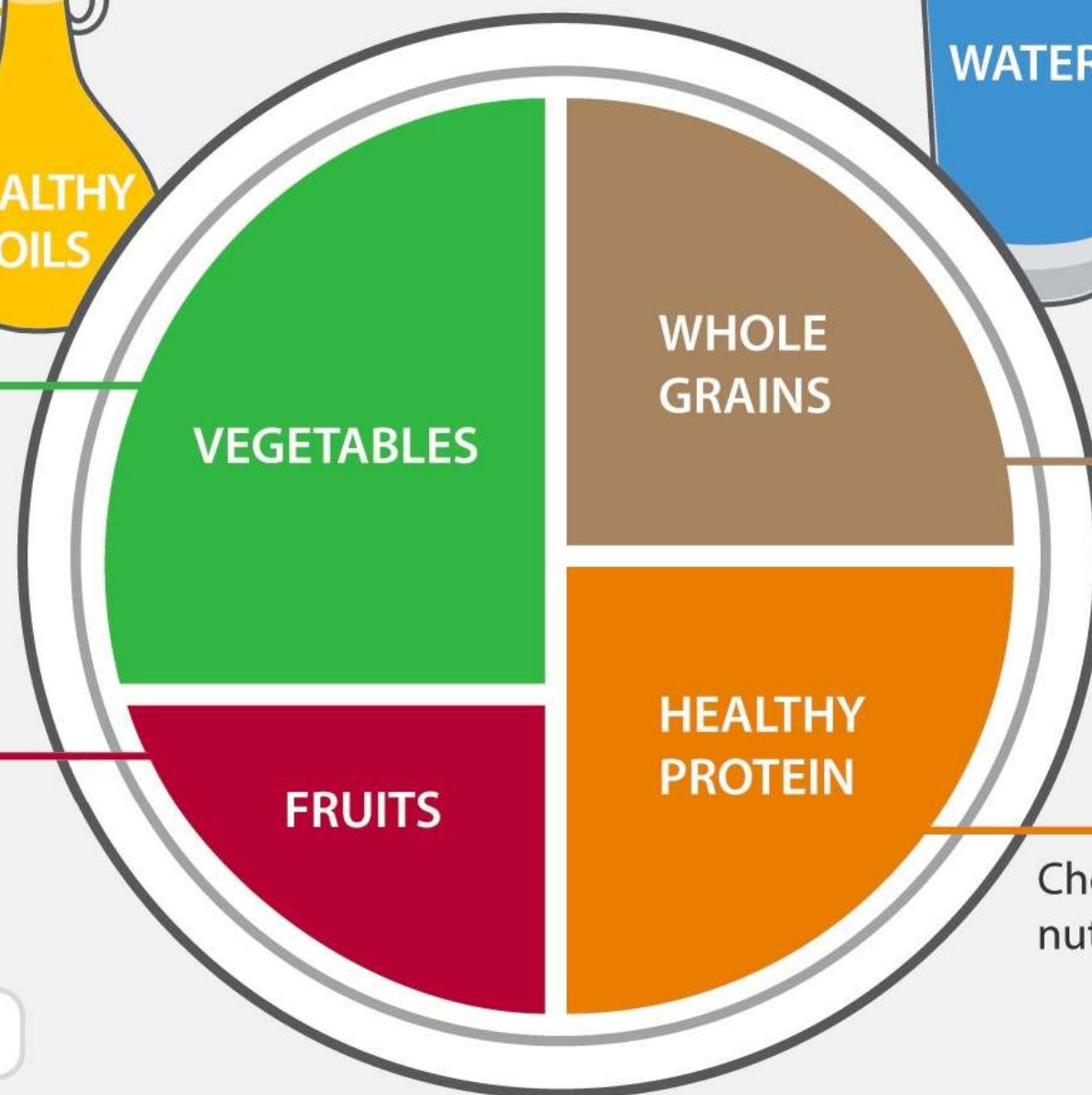
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Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.

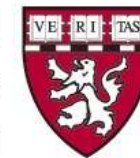
Eat a variety of whole grains (like whole-wheat bread, whole-grain pasta, and brown rice). Limit refined grains (like white rice and white bread).

Choose fish, poultry, beans, and nuts; limit red meat and cheese; avoid bacon, cold cuts, and other processed meats.



Harvard T.H. Chan School of Public Health
The Nutrition Source
www.hsph.harvard.edu/nutritionsource

Harvard Medical School
Harvard Health Publications
www.health.harvard.edu



Kid's Healthy Eating Plate



Prüfils



Banana

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Cherries

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Strawberries

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Blueberries

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Watermelon

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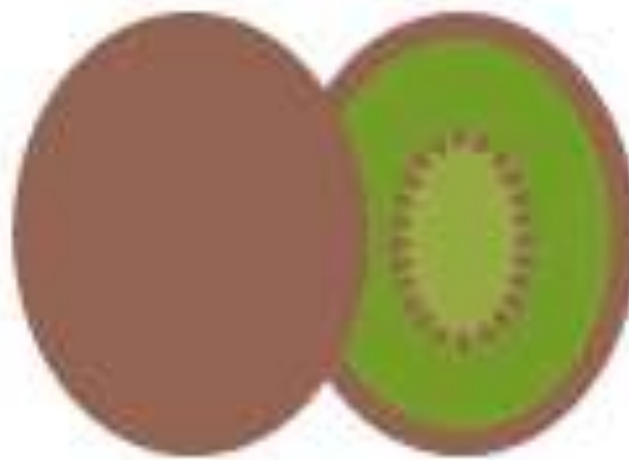
Pineapple

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Orange

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Kiwi

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Peach

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Pear

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Pomegranate

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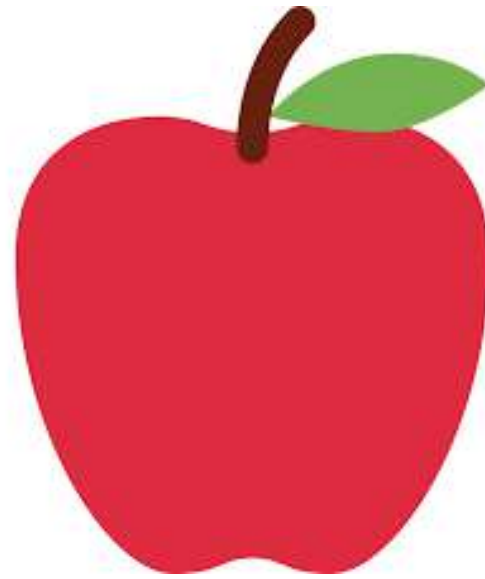
Grapes

@educacionfisicacompetencial



lemon

@educacionfisicacompetencial



Apple

@educacionfisicacompetencial

@educacionfisicacompetencial

@educacionfisicacompetencial

@educacionfisicacompetencial

@educacionfisicacompetencial

vegetables



Spinach

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Carrot

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Garlic

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Mushrooms

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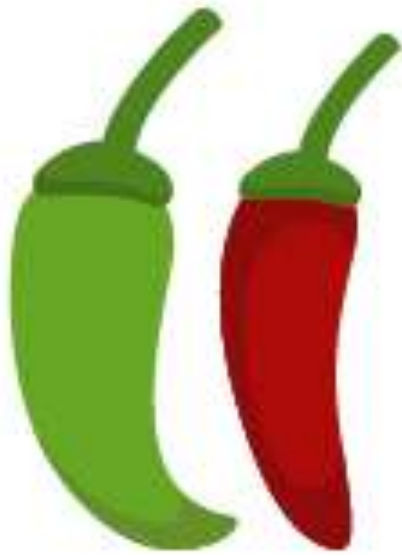
Radish

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Eggplant

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Pepper

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Leek

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Artichoke

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Red Pepper

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Peas

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Avocado

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Brocoli

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Cauliflower

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Cabbage

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Onion

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Lettuce

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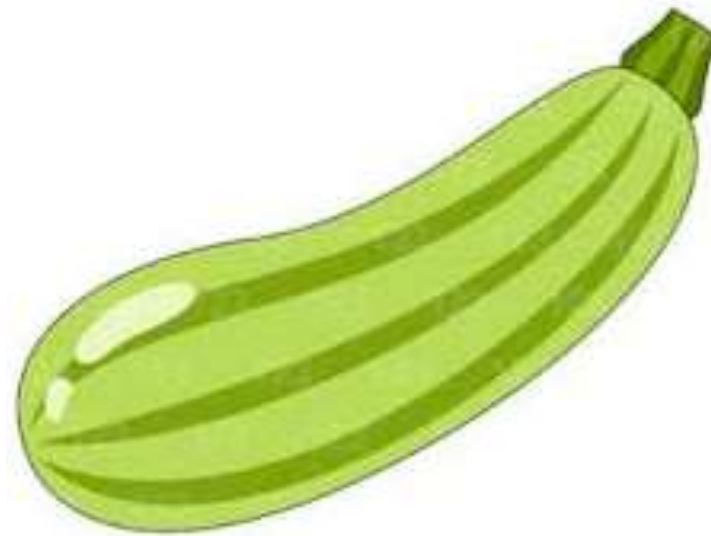
Tomato

@educacionfisicacompetencial



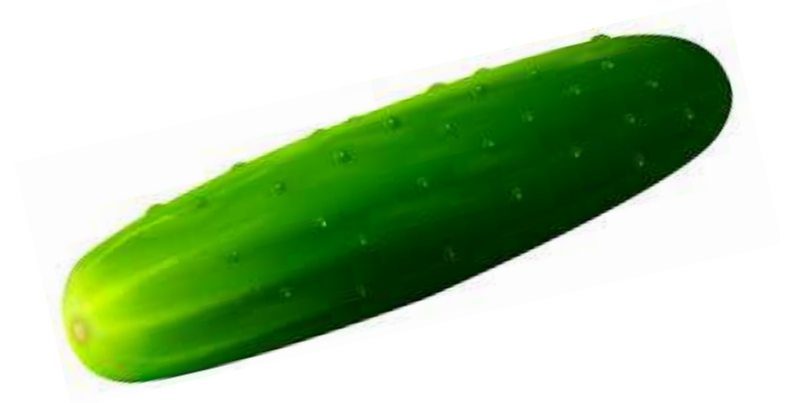
Potato

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Zucchini

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Cucumber

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Healthy Protein



Fish

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Egg

@educacionfisicacompetencial



Nuts

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Squid

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Prawns

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Hazelnuts

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Tuna

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Chicken

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Turkey

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Cashew

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Chestnut

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Pistachios

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Whole
Grains



Rice

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**Wholemeal
Bread**

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Pasta

@educacionfisicacompetencial



**Wholemeal
Bread**

@educacionfisicacompetencial



Pasta

@educacionfisicacompetencial



Quinoa / Couscous

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Healthy fats



Water

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Olive Oil

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Milk

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Yogurt

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Cheese

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Unhealthy Food



Chorizo

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French Fries

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Chocolate

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Hot Dog

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Hamburger

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Donut

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Cake

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Candy

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lollipop

@educacionfisicacompetencial



Beer

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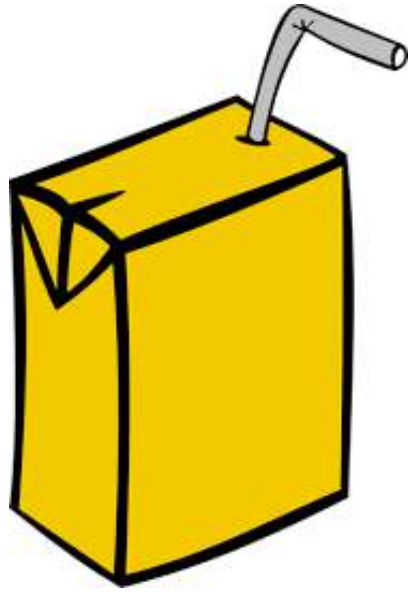
Alcohol

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Ice Cream

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Packed Juice

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Ketchup

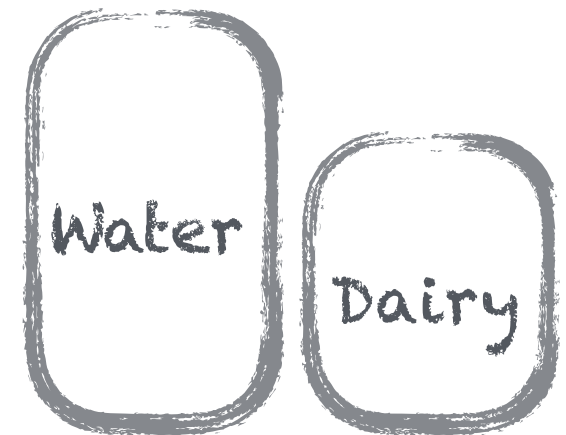
@educacionfisicacompetencial

Kid's Healthy Eating Plate



Vegetables

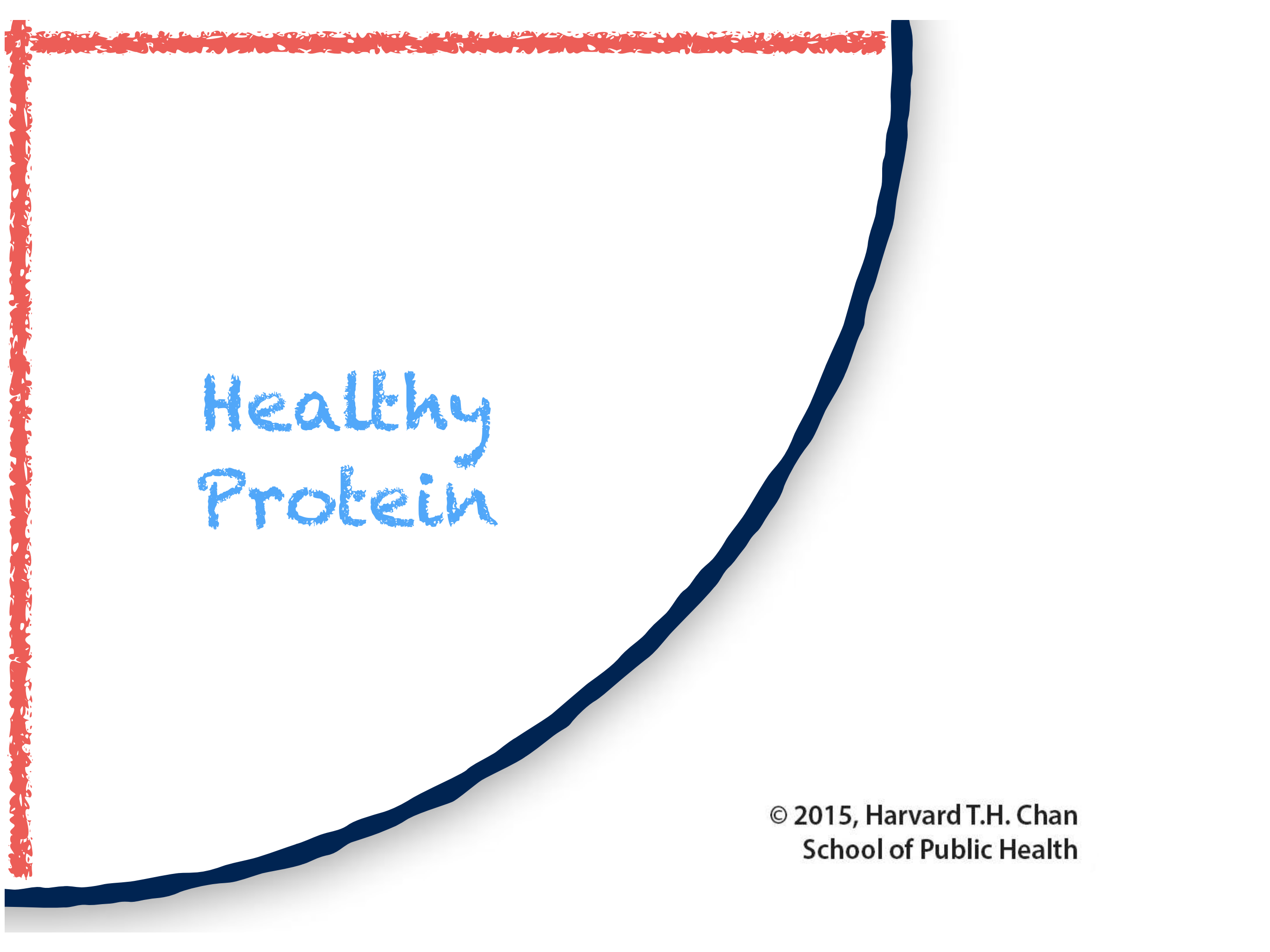
Whole
Grains



Junk
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Fruits



Healthy
Protein

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