

Build A Balanced Plate



Blank Children's Hospital
UnityPoint Health

VEGGIE

- Asparagus
- Green beans
- Beets
- Brussels sprouts
- Broccoli
- Cabbage
- Carrots
- Cauliflower
- Celery
- Cucumber
- Eggplant
- Jicama
- Kohlrabi
- Mushrooms
- Onions
- Peppers
- Radishes
- Salad greens
- Squash
- Sugar Snap peas
- Tomato

DAIRY

- Skim or low-fat milk
- Lactose Free skim or low fat milk
- Soy milk alternative
- Pea protein milk alternative

FIBER RICH STARCH

- Whole grain bread
- Potato or Sweet potato
- Sweet Peas
- Corn
- Wheat, chickpea or protein pasta
- Brown rice
- Quinoa
- Couscous
- Black or kidney beans
- Chickpeas
- Edamame
- Whole grain or protein tortilla
- Whole grain cereal
- Light popcorn
- Triscuits
- Wheat Thins
- Whole grain English muffin
- Whole grain waffle
- Rice Cakes
- Oats
- Snap pea crackers

HEART HEALTH FATS

MONOUNSATURATED FATS

- Olive Oil
- Avocado
- Almonds, cashews, pecans, pistachios or peanuts

POLYUNSATURATED FATS

- Salmon, Mackerel, sardines, trout or fish oil
- Corn, safflower, soybean, sesame or sunflower oil
- Walnuts
- Flax or Chia seed
- Sunflower, pumpkin or sesame seeds
- Hemp hearts

FRUIT

- Apple or applesauce
- Banana
- Blackberry
- Blueberry
- Cantaloupe
- Cherry
- Dates
- Dragon fruit
- Grapefruit
- Grapes
- Honeydew melon
- Kiwi
- Lemon
- Mango
- Nectarine
- Orange
- Peach
- Pear
- Pineapple
- Plum
- Pomegranate
- Raspberry
- Strawberry

PROTEIN

- Chicken (breast or ground)
- Turkey (breast or ground)
- Pork (loin or chop)
- Beef (loin, round, flank steak, 90% ground)
- Fish
- Egg
- Nuts
- Low fat Greek yogurt or cottage cheese
- Light cheese stick/rounds
- Edamame
- Chickpeas or hummus
- Beans
- Lentil
- Bar or shake supplement



Build A Balanced Snack



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PAIR TOGETHER

Protein OR Veggie

- Chicken or turkey sandwich
- Turkey pepperoni
- Low fat Greek yogurt or cottage cheese
- Nuts, nut butter or nut based bar
- Light cheese stick/rounds
- Roasted edamame or chickpeas
- Hummus or yogurt dip
- Hard boiled egg
- Protein bar or shake supplement
- Carrots
- Peppers
- Broccoli
- Celery
- Cauliflower
- Baby tomatoes
- Cucumber



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Fruit OR Fiber Rich Starch

- Sugar snap peas
- Fresh or frozen berries, pineapple or peaches
- Melon
- Apple
- Banana
- Kiwi
- Unsweetened applesauce cup or pouch
- Light popcorn
- Triscuits or wheat thins
- Snap pea crackers
- Whole grain tortilla, bread or English muffin
- Popcorners
- Rice cakes



COMBINATION CHOICES

- Kind or nature valley protein bar
- Smoothie with fruit and Greek yogurt
- Greek yogurt and fruit
- Triscuits or wheat thins with cheese or meat
- Apple with peanut butter and light cheese stick
- Celery with peanut butter and raisins
- Whole grain toast with peanut butter
- Cottage cheese with fruit or crackers
- Sandwich meat and tortilla
- Popcorn with meat stick
- Trail mix

