

****LET'S BITE WHAT'S RIGHT****

Help keep your family lead smart! Here are some eating healthy tips you can put to use for meals and snacks every day!

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**\*Be sure to wash hands before eating snacks & meals!**

Eat low-fat foods high in **IRON, CALCIUM** and **VITAMIN C**.

*Keep fast-foods to a minimum!!!*

**\*Good sources of IRON** in a diet include lean red meats, fish and chicken. Some dry cereals and dried fruits like raisins and prunes are good sources too.



**\*CALCIUM** will keep your teeth and bones strong. Good sources of **CALCIUM** include milk, yogurt, cheese and green leafy veggies like spinach & collard greens.

**\*VITAMIN C** can be found in oranges, orange juice, grapefruits, tomatoes and green peppers.



## **Healthy Snack Ideas**

**\*Cereal with low-fat milk**

**\*Whole wheat crackers with cheese**

**\*Apple or pear slices**

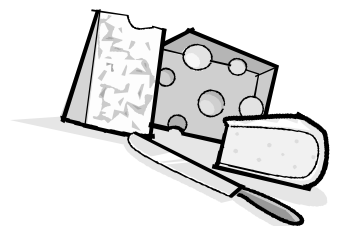
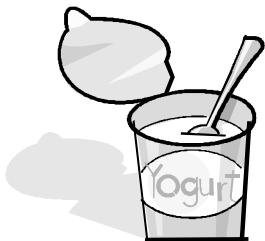
**\*Oranges or bananas**

**\*Frozen fruit juice pops**

**\*Fruit smoothies**

**\*Raisins**

**\*Yogurt**



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