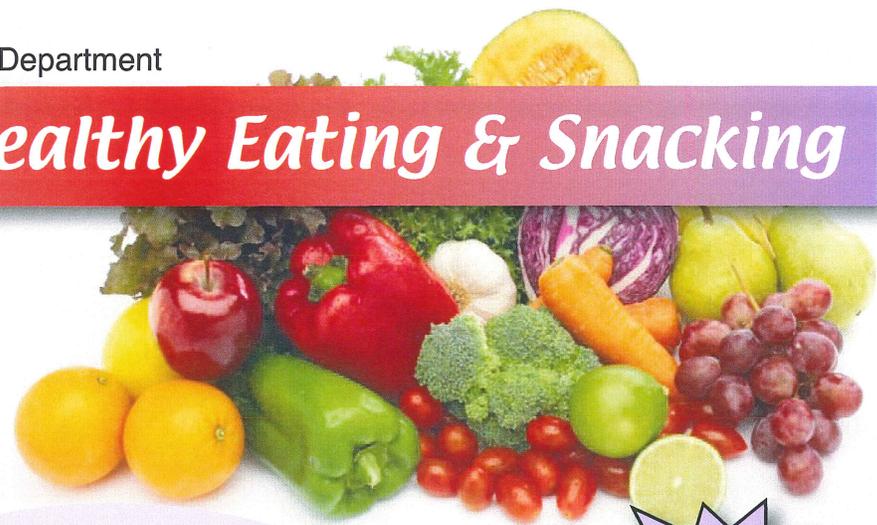
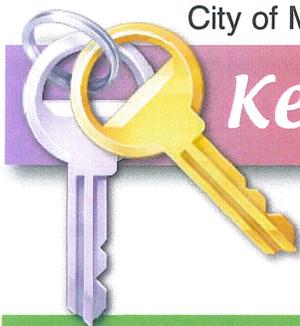


Keys to Healthy Eating & Snacking



Calcium Rich



- Milk
- Cheese
- Yogurt
- Green leafy vegetables
(Like spinach & collard)
- Salmon & sardines

Iron Rich

- Lean meats-USDA
- Cereals fortified, or "WIC"
- Peanut butter
- Breads & grains
- Dried beans & peas



Anytime Snacks

- Any fruit
- Any vegetable
- Crackers
- Cereals
- Cornbread
- English Muffins
- Gingersnaps
- Graham crackers
- Jello
- * Nuts
- * Popcorn
- Pretzels
- Pudding & dips
(Made with Lowfat Milk and Milk Products)
- * Raisins
- Rice cakes
- Vanilla wafers

* may cause choking in young children



Vitamin C Source

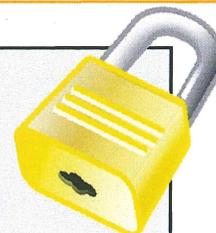


- Broccoli
- Cabbage
- Cauliflower
- Grapefruit & grapefruit juice
- Green peppers
- Greens
- Oranges & orange juice
- Muskmelon (Cantaloupe)
- Pineapple
- Potatoes
- Raspberries
- Spinach
- Strawberries
- Sweet potatoes
- Tomato & tomato juice
- Watermelon
- "WIC" juices



Limit these higher fat foods: *(Have only one of these a day.)*

- | | | |
|---------------------------|--------------------------|--------------------------|
| Any Fried or Greasy Foods | Chocolate bars & candies | Hot dogs |
| Bacon | Cookies | Polish sausage |
| Bratwurst | Corn chips | Potato chips |
| Biscuits | Doughnuts | Salami |
| Bologna | French fries | Sausage links or patties |



Think Health Act Now!
CITY OF MILWAUKEE
HEALTH DEPARTMENT

Tom Barrett, Mayor
Bevan K. Baker,
Commissioner of Health
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