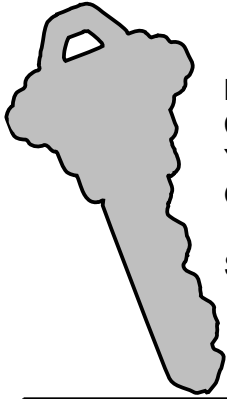


# KEYS to



## Healthy Eating & Snacking

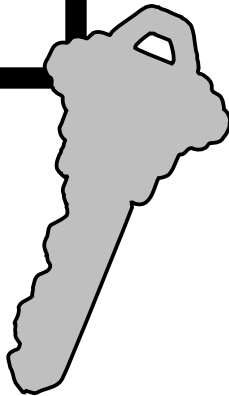
### Calcium Rich



Milk  
Cheese  
Yogurt  
Green Leafy Vegetables  
(Like Spinach & Collard)  
Salmon & Sardines

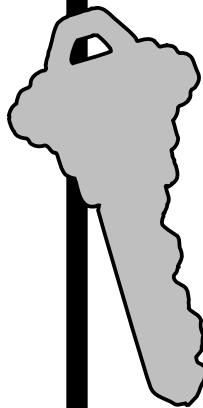
### Iron Rich

Lean Meats-USDA  
Cereals Fortified, or "WIC"  
Peanut Butter  
Breads & Grains  
Dried Beans & Peas



### Vitamin C Source

Broccoli	Pineapple
Cabbage	Potatoes
Cauliflower	Raspberries
Grapefruit &	Spinach
Grapefruit Juice	Strawberries
Green Peppers	Sweet Potatoes
Greens	Tomato &
Oranges &	Tomato Juice
Orange Juice	Watermelon
Muskmelon	"WIC" Juices
(Cantaloupe)	



### 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*

### Limit these higher fat foods:

*(Have only one of these a day.)*

Any Fried or Greasy Foods  
Bacon  
Bratwurst  
Biscuits  
Bologna  
Chocolate Bars & Candies  
Cookies  
Corn Chips  
Doughnuts  
French Fries  
Hot Dogs  
Polish Sausage  
Potato Chips  
Salami  
Sausage Links or Patties



City of Milwaukee Health Department  
Childhood Lead Poisoning Prevention Program  
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