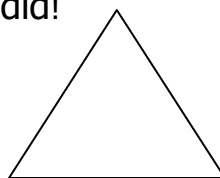


# EAT A VARIETY OF FOODS EVERYDAY!

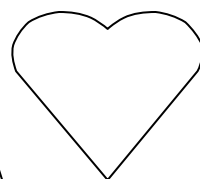
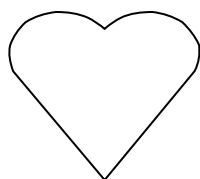
Remember: Children need to eat a variety of foods from each of the food groups in order to stay healthy! Every time your child eats from one of the following food groups, help them color the shape that corresponds to that food group. Once you have filled out the form on three different days, review the forms with your promotora to see how you did!

Fats, Oils



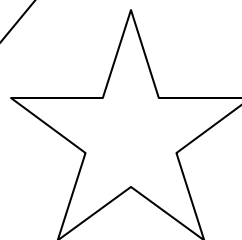
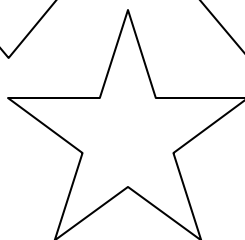
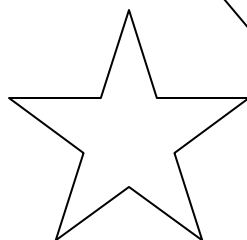
Sweets

Milk, Yogurt



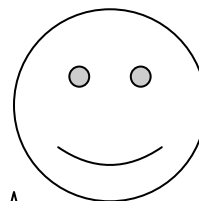
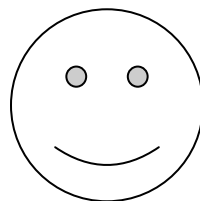
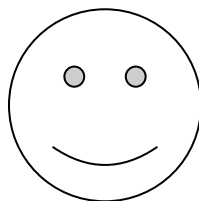
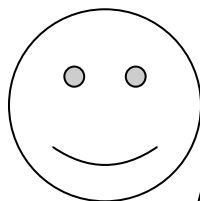
Cheese

Meat, Poultry, Fish



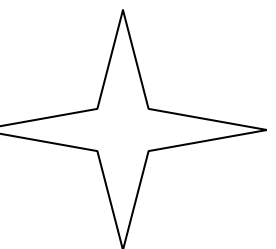
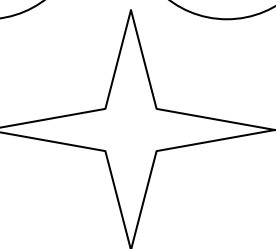
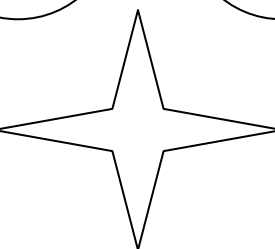
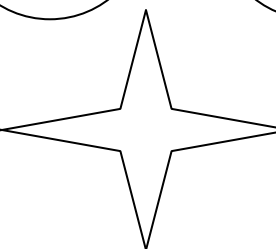
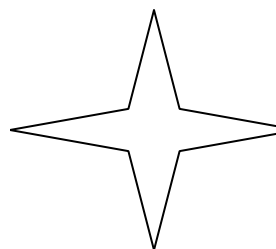
Beans, Eggs, Nuts

Fruit



Vegetables

Bread,  
Cereal

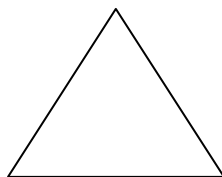


Pasta,  
Rice

## ¡Coma una variedad de alimentos todos los días!

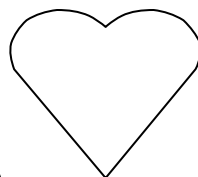
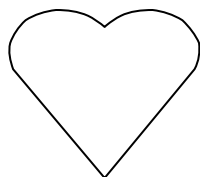
Recuerde: ¡los niños tienen que comer una variedad de alimentos de cada uno de los grupos alimenticios para mantenerse sano! Cada vez que su niño come de uno de los siguientes grupos alimenticios, ayúdelo a colorear la figura que corresponda a ese grupo. Una vez que usted haya llenado la forma en tres días diferentes, revise las formas con su promotora para ver cómo lo hizo.

Grasas, Aceites



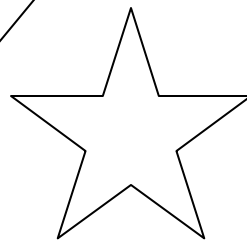
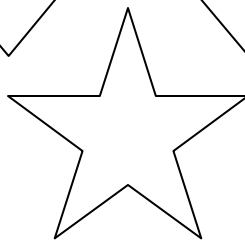
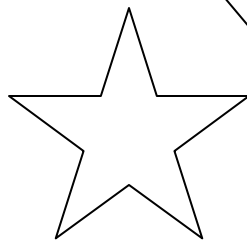
Dulces

Leche, Yogurt



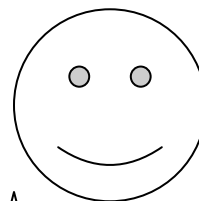
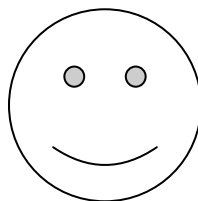
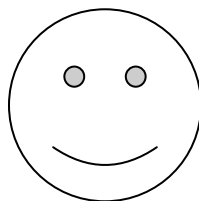
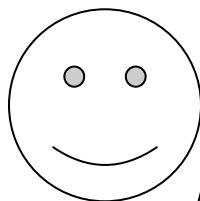
Quesos

Carnes, Pollos, Pescados



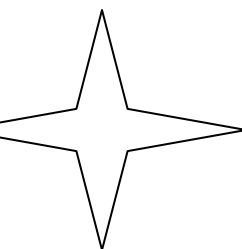
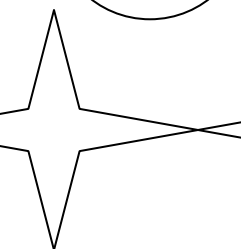
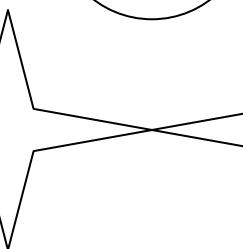
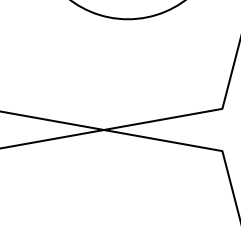
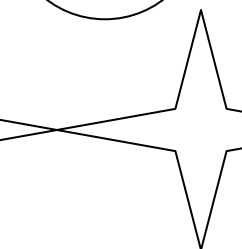
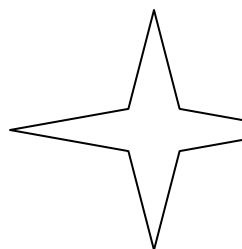
Granos, Huevos, Nueces

Frutas



Vegetales

Pan,  
Cereales



Pasta,  
Arroz