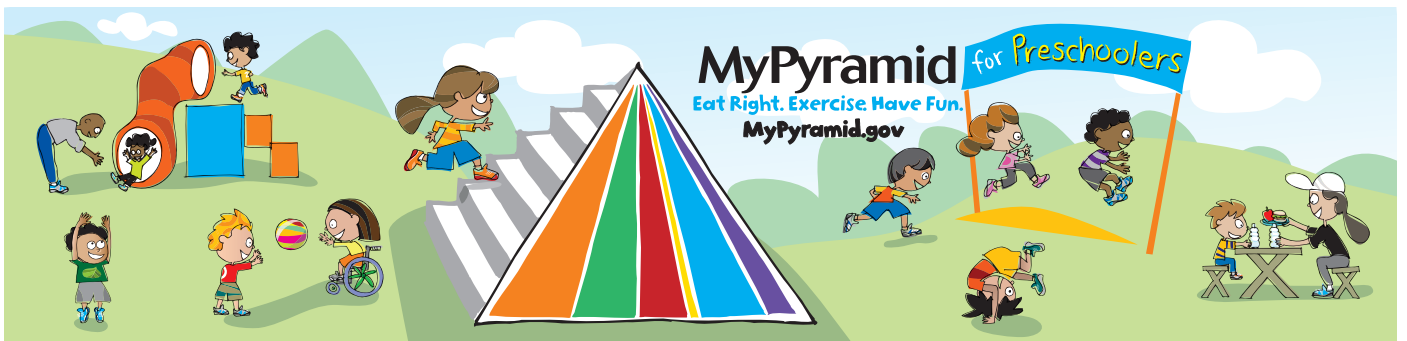
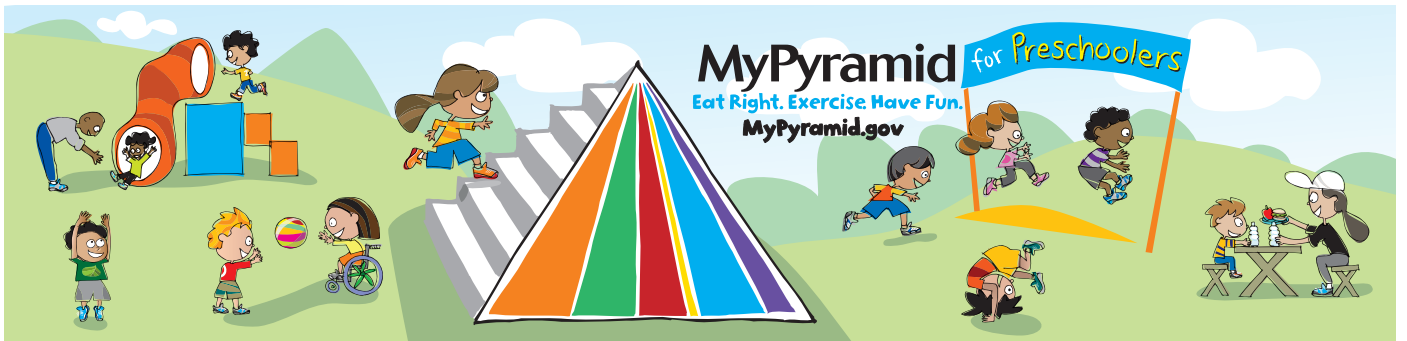
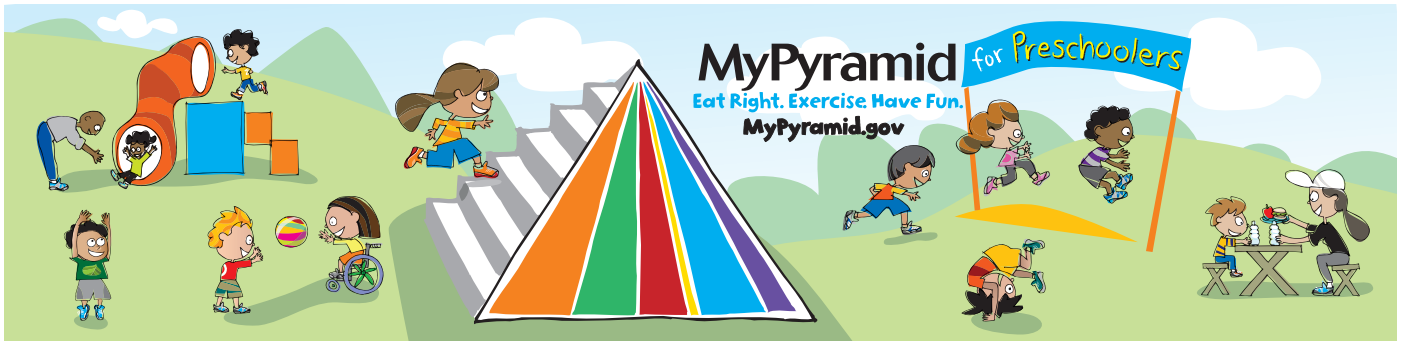
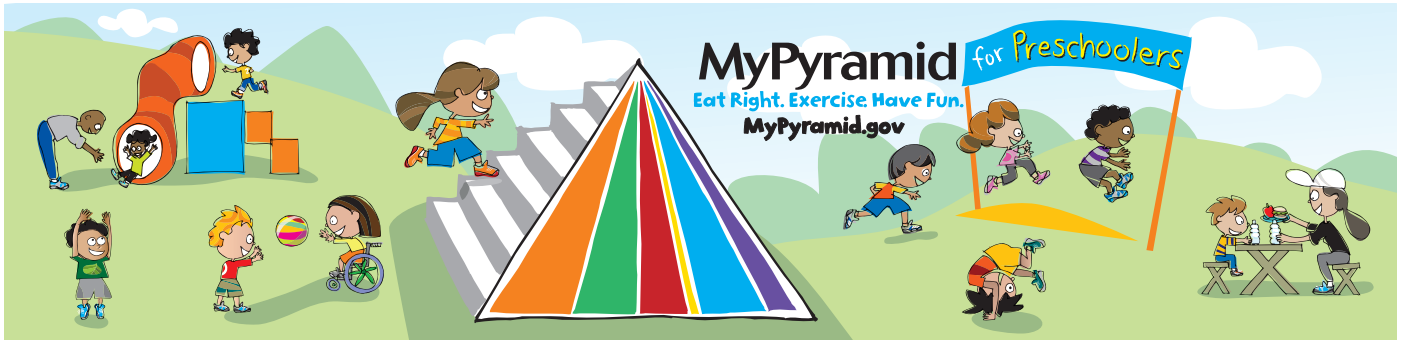
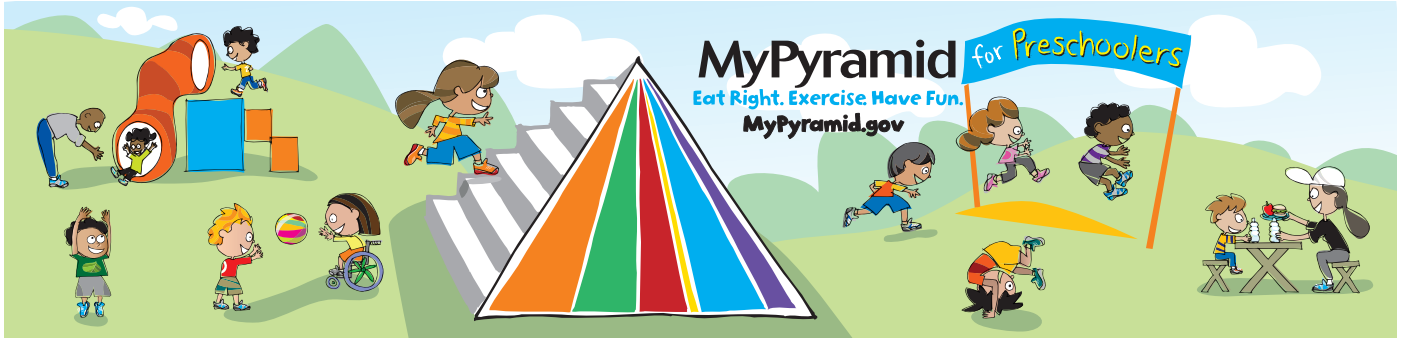



Preschooler Bookmark -- Front



# Preschooler Bookmark -- Back

 <b>Grains</b> Make half your grains whole	 <b>Vegetables</b> Vary your veggies	 <b>Fruits</b> Focus on fruits	 <b>Milk</b> Get your calcium-rich foods	 <b>Meat &amp; Beans</b> Go lean with protein
--	--	--	---	---

 **Oils** Oils are not a food group, but you need some for good health. Get your oils from fish, nuts, and liquid oils such as corn oil, soybean oil, and canola oil.




**Find your balance between food and fun** ★ **Fats and sugars – know your limits**



U.S. Department of Agriculture   
Center for Nutrition Policy and Promotion  
September 2008  
USDA is an equal opportunity provider and employer.

 <b>Grains</b> Make half your grains whole	 <b>Vegetables</b> Vary your veggies	 <b>Fruits</b> Focus on fruits	 <b>Milk</b> Get your calcium-rich foods	 <b>Meat &amp; Beans</b> Go lean with protein
--	--	--	---	---

 **Oils** Oils are not a food group, but you need some for good health. Get your oils from fish, nuts, and liquid oils such as corn oil, soybean oil, and canola oil.




**Find your balance between food and fun** ★ **Fats and sugars – know your limits**



U.S. Department of Agriculture   
Center for Nutrition Policy and Promotion  
September 2008  
USDA is an equal opportunity provider and employer.

 <b>Grains</b> Make half your grains whole	 <b>Vegetables</b> Vary your veggies	 <b>Fruits</b> Focus on fruits	 <b>Milk</b> Get your calcium-rich foods	 <b>Meat &amp; Beans</b> Go lean with protein
---	---	---	--	--

 **Oils** Oils are not a food group, but you need some for good health. Get your oils from fish, nuts, and liquid oils such as corn oil, soybean oil, and canola oil.




**Find your balance between food and fun** ★ **Fats and sugars – know your limits**



U.S. Department of Agriculture   
Center for Nutrition Policy and Promotion  
September 2008  
USDA is an equal opportunity provider and employer.

 <b>Grains</b> Make half your grains whole	 <b>Vegetables</b> Vary your veggies	 <b>Fruits</b> Focus on fruits	 <b>Milk</b> Get your calcium-rich foods	 <b>Meat &amp; Beans</b> Go lean with protein
--	--	--	---	---

 **Oils** Oils are not a food group, but you need some for good health. Get your oils from fish, nuts, and liquid oils such as corn oil, soybean oil, and canola oil.



**Find your balance between food and fun** ★ **Fats and sugars – know your limits**



U.S. Department of Agriculture   
Center for Nutrition Policy and Promotion  
September 2008  
USDA is an equal opportunity provider and employer.

 <b>Grains</b> Make half your grains whole	 <b>Vegetables</b> Vary your veggies	 <b>Fruits</b> Focus on fruits	 <b>Milk</b> Get your calcium-rich foods	 <b>Meat &amp; Beans</b> Go lean with protein
--	--	--	---	---

 **Oils** Oils are not a food group, but you need some for good health. Get your oils from fish, nuts, and liquid oils such as corn oil, soybean oil, and canola oil.



**Find your balance between food and fun** ★ **Fats and sugars – know your limits**



U.S. Department of Agriculture   
Center for Nutrition Policy and Promotion  
September 2008  
USDA is an equal opportunity provider and employer.