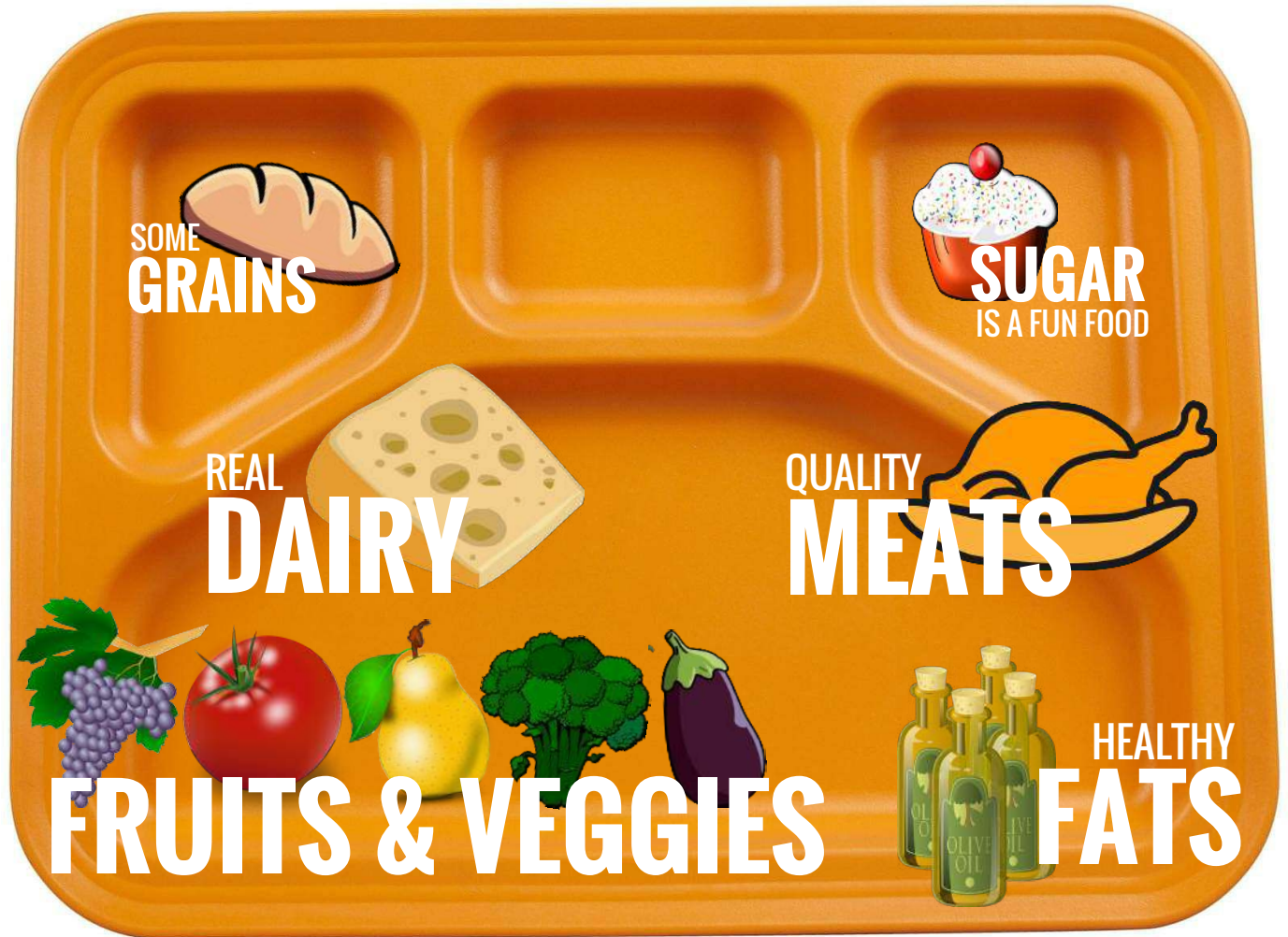


NEW FOOD RULES FOR KIDS

WHAT TO EAT FOR A HEALTHY BODY



1. Fruits and vegetables are always healthy foods. Choose lots of colors & "make it pretty."
2. Fats and oils: Always eat your veggies with a healthy fat (butter, olive oil, [homemade ranch dressing](#), [coconut oil](#)).
3. Meat: The meat is more important to finish than the bread (when eating a sandwich). Meat doesn't come in tubes.
4. Dairy: Milk is white. [Yogurt](#) is white. Cheese doesn't come with its own wrapper for every slice.
5. Grains:
 - Crunchy snacks are fun foods - seldomly eaten.
 - Real grains - oatmeal, rice (brown and white), homemade [whole grain breads](#) and [muffins](#) - should be a small part of the meal.
 - Like forces repel - A grain with a grain is not a meal (ie, bread with pasta, oatmeal & muffins).
6. Sugar is always a fun food.