

My
Healthy
Booklet

By:

My Food Groups

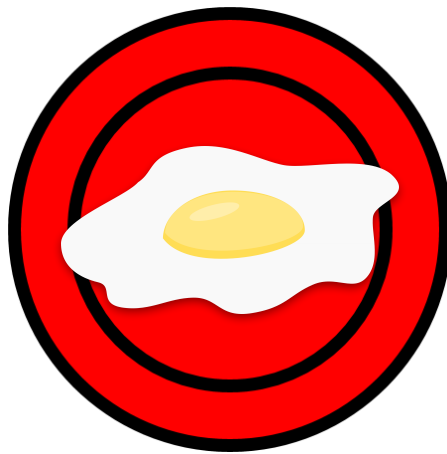
Fruit



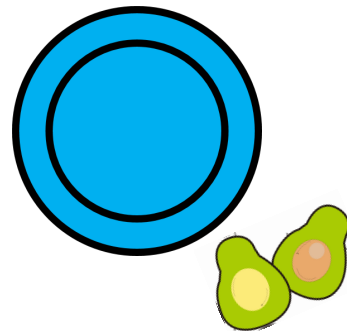
Vegetables



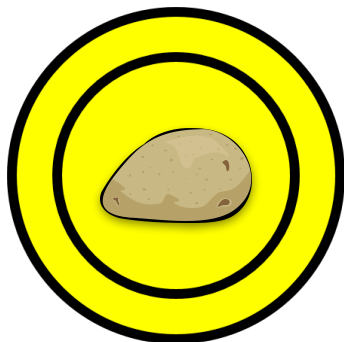
Proteins



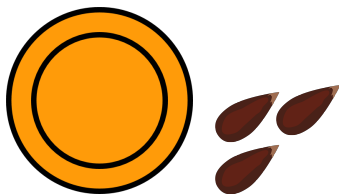
Healthy Fats



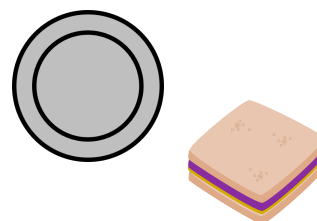
Carbohydrates



Dressings and seeds



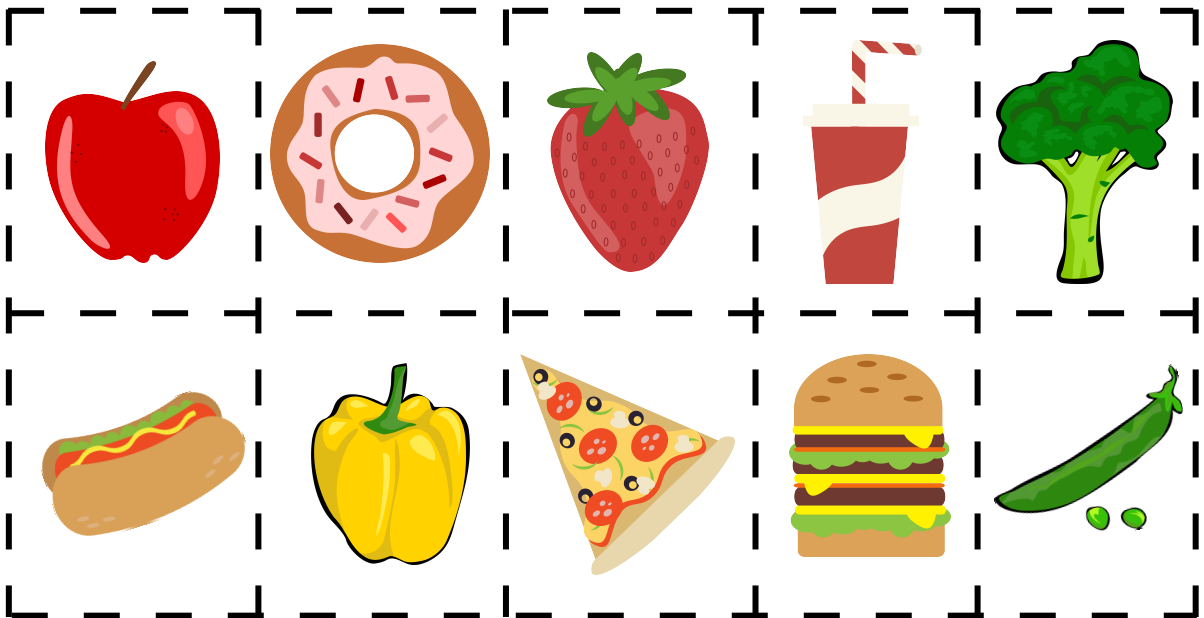
Oils and nut butters



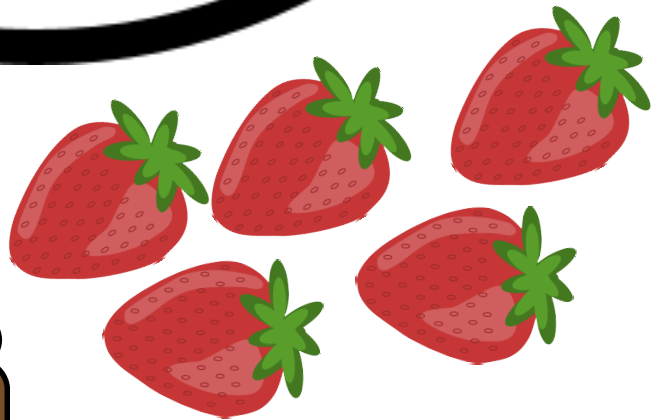
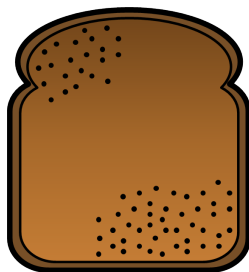
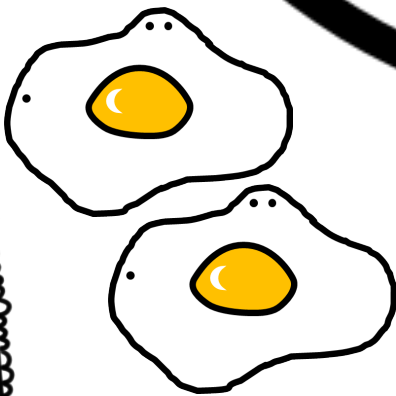
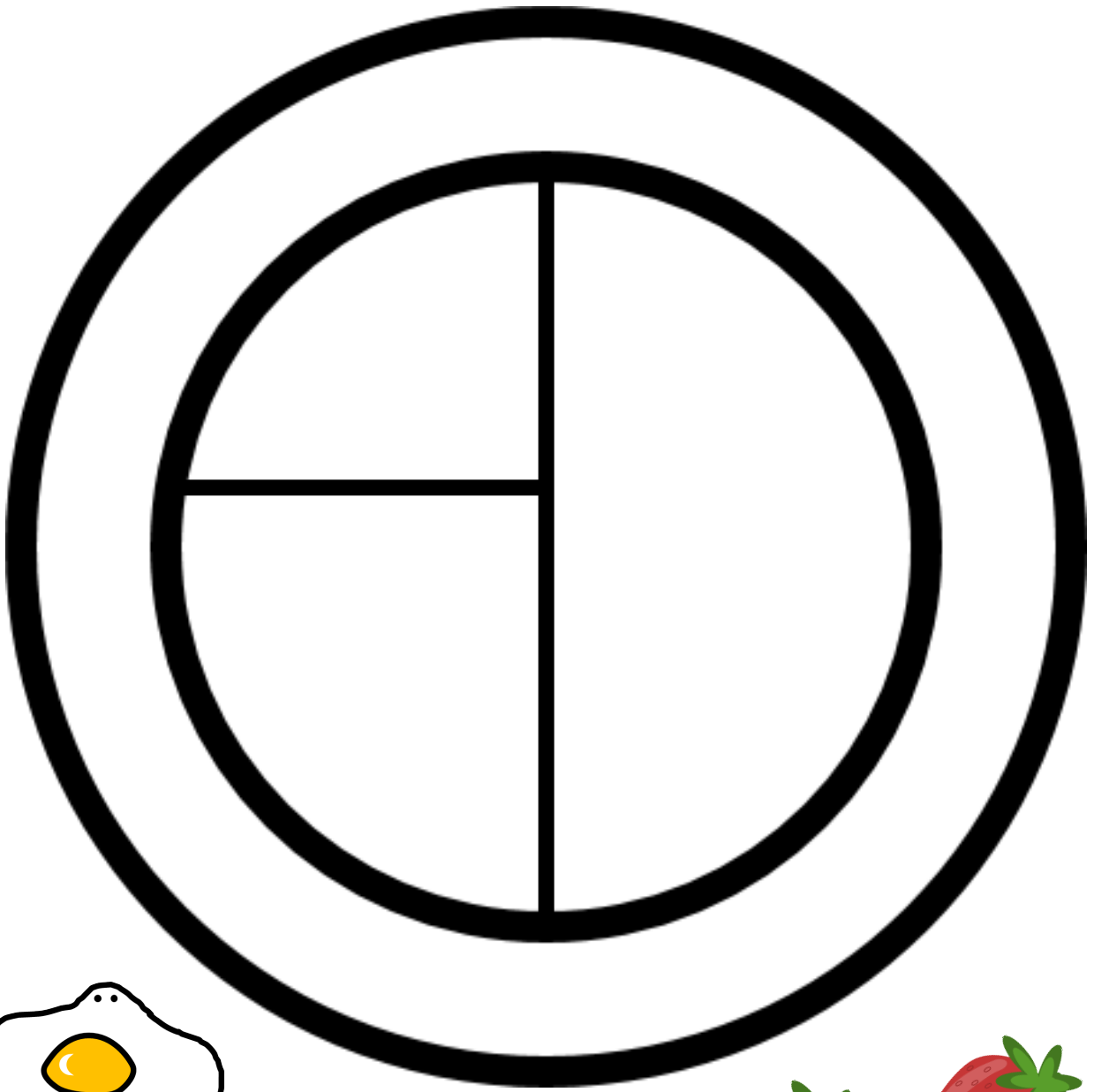
My Healthy Food Sort

All the Time Food

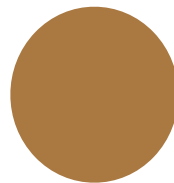
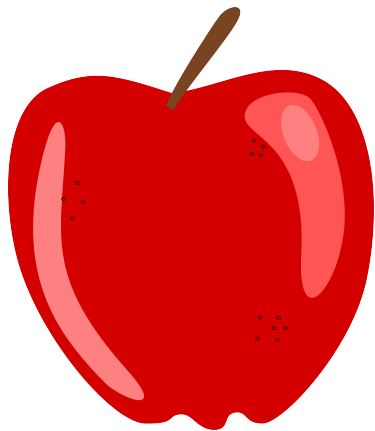
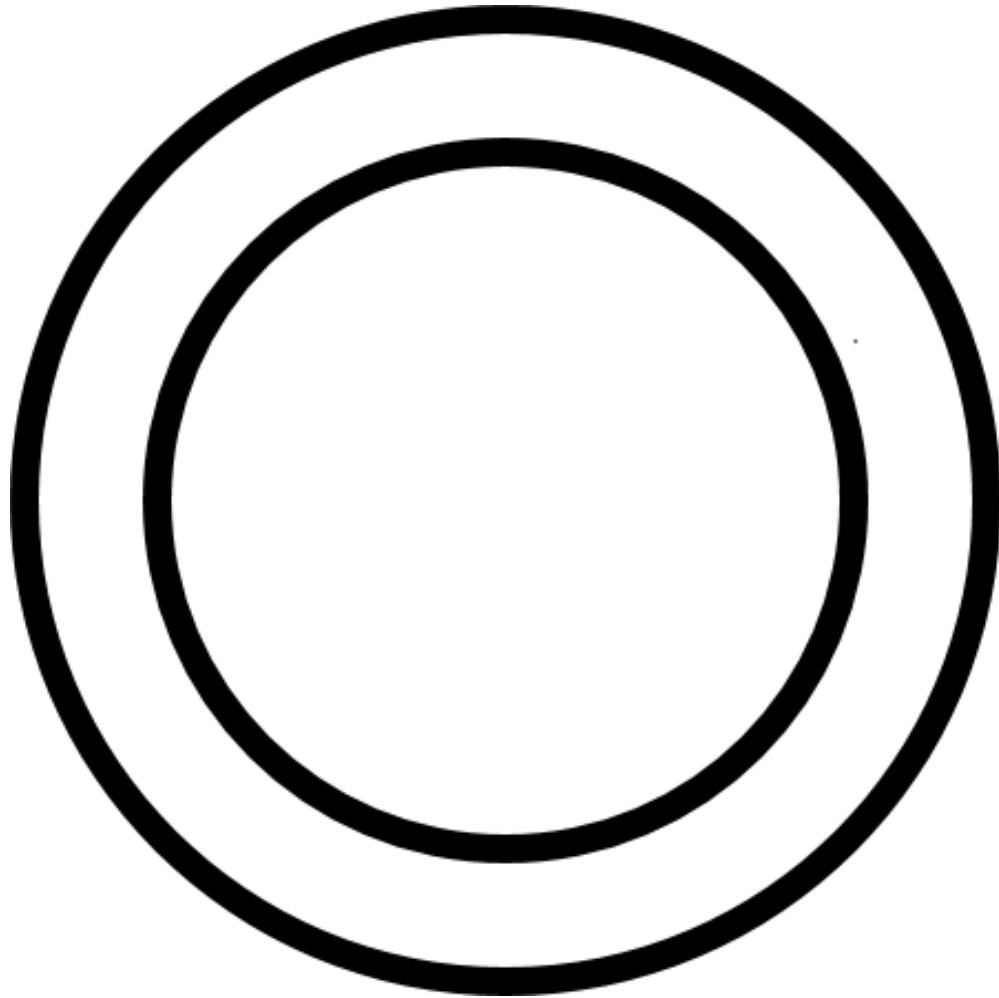
Sometimes Food



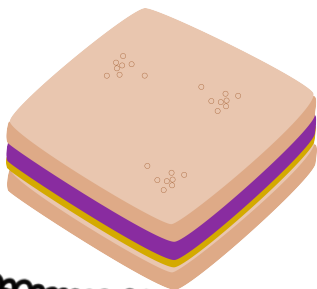
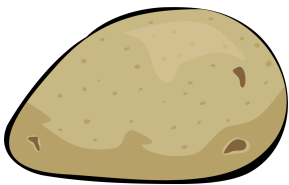
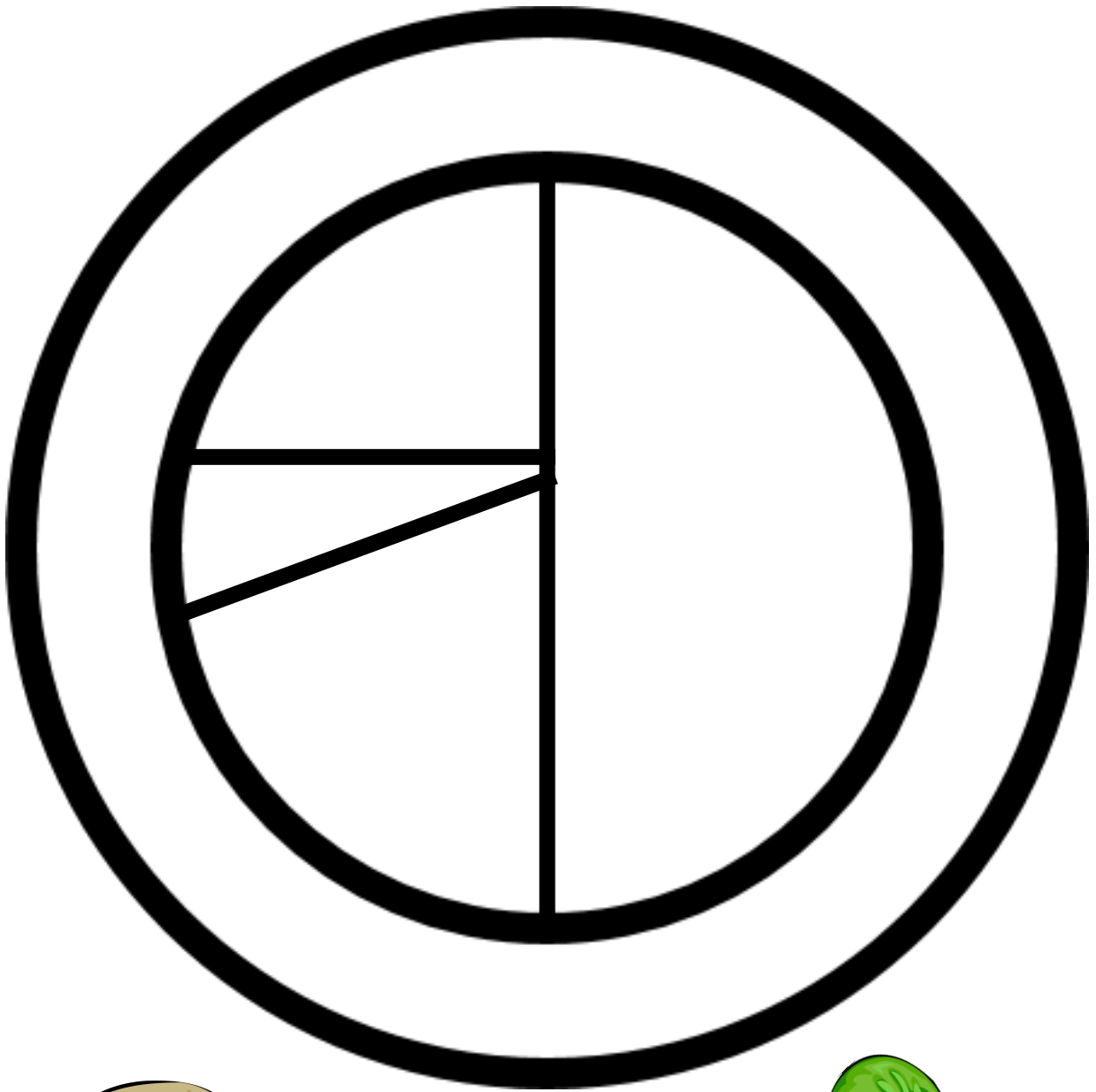
Healthy Breakfast Plate



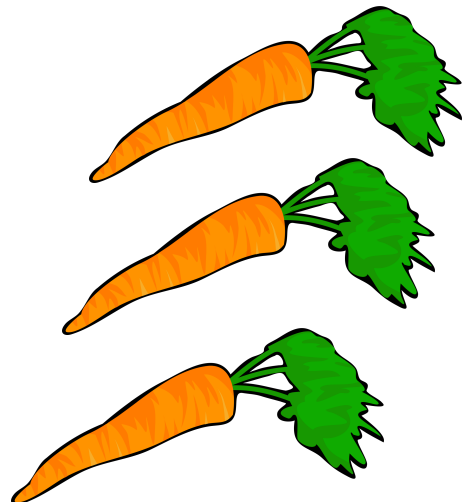
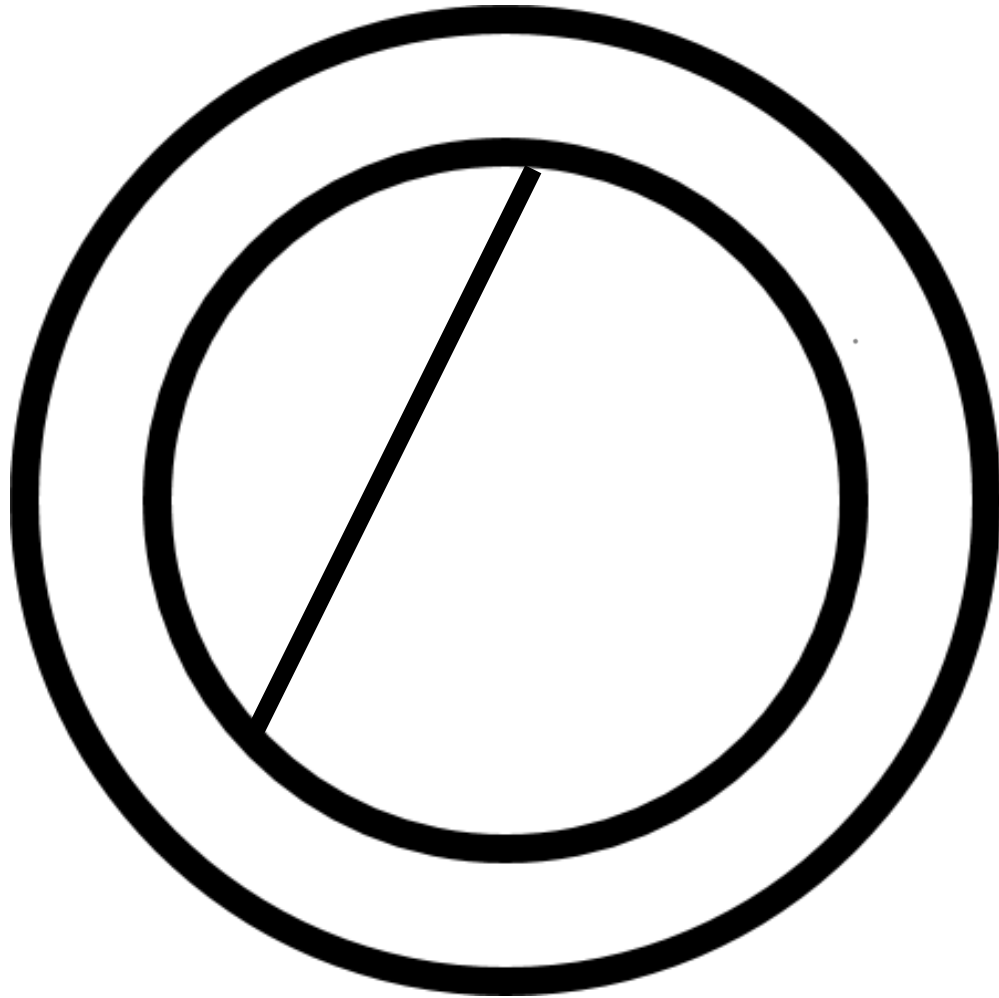
Healthy Snack Plate



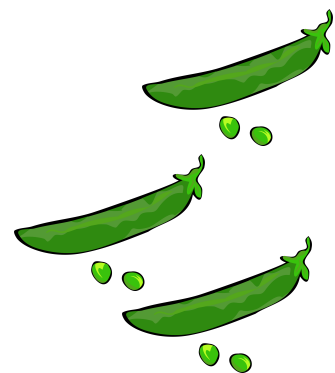
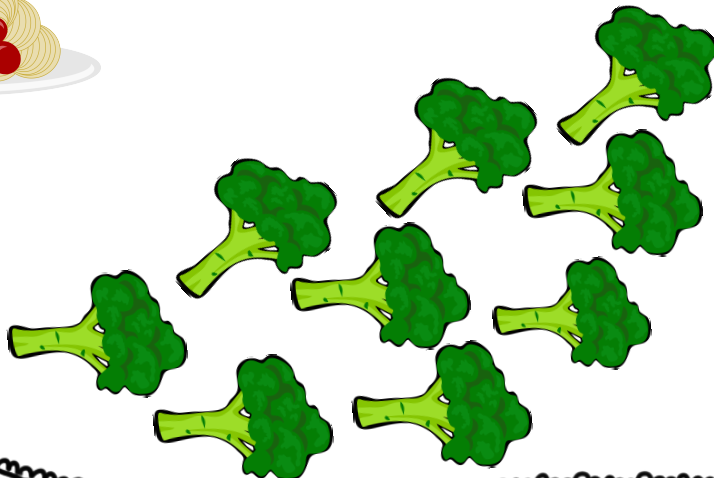
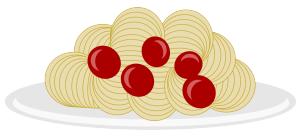
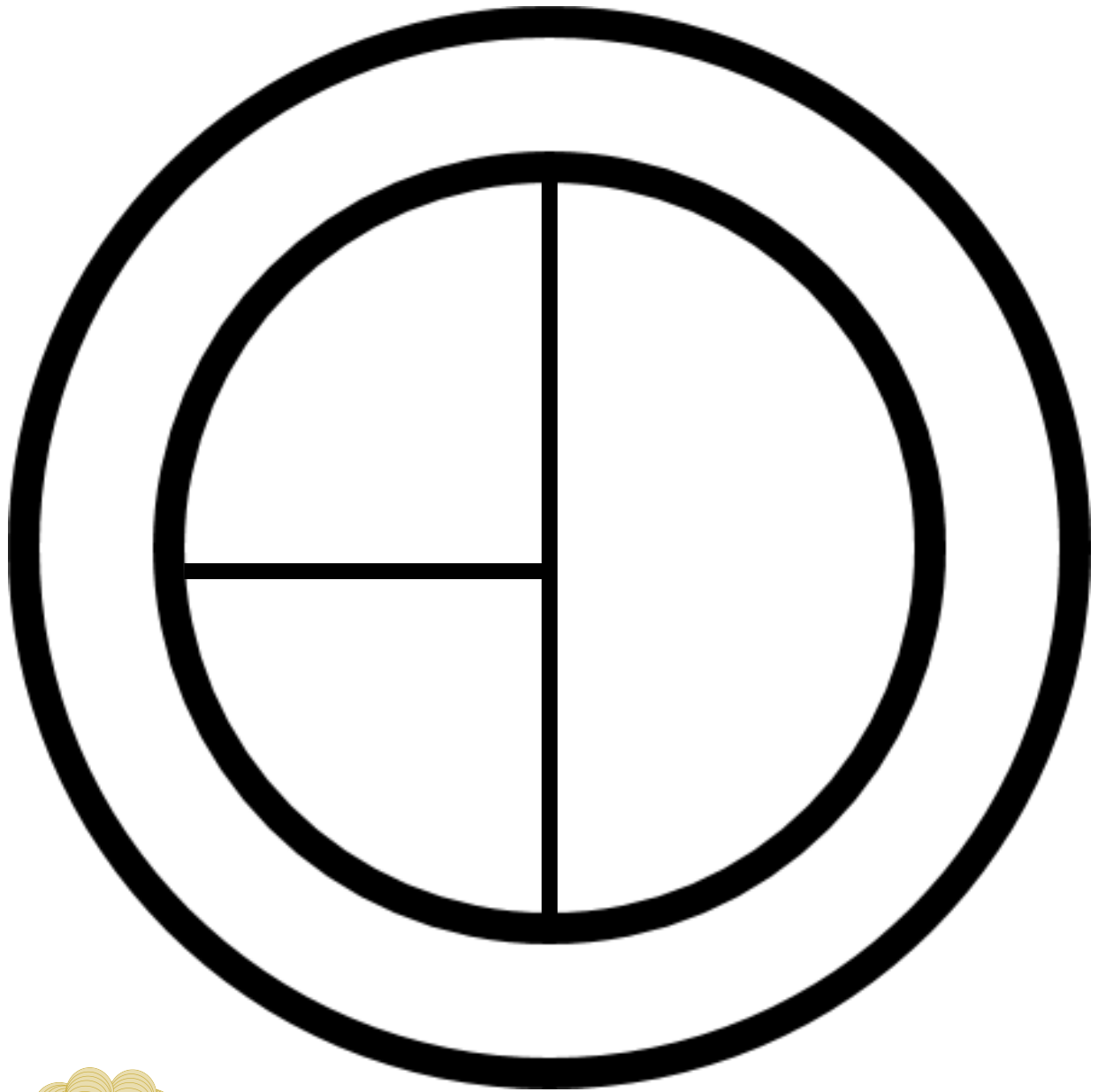
Healthy Lunch Plate



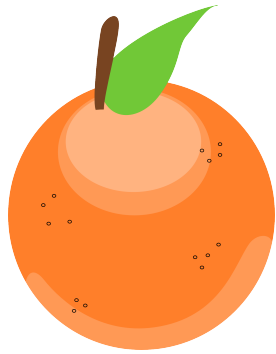
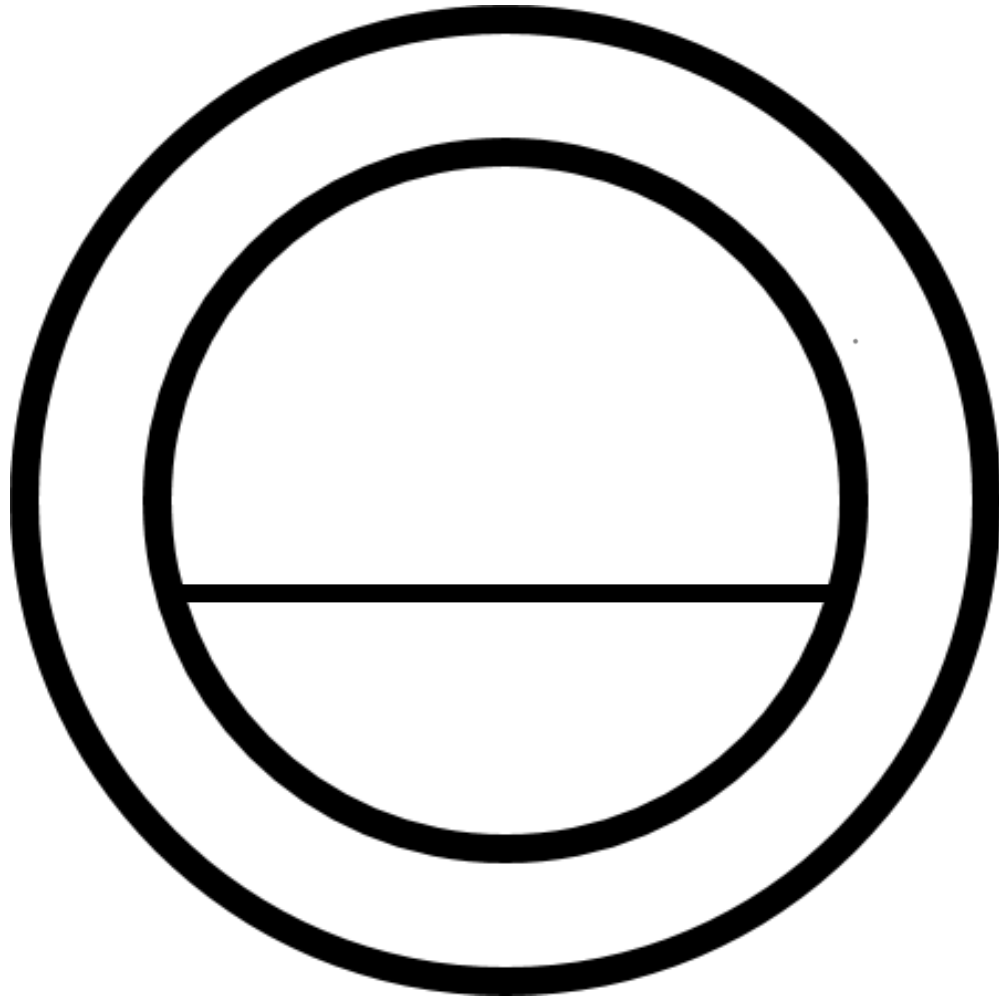
Healthy Snack Plate



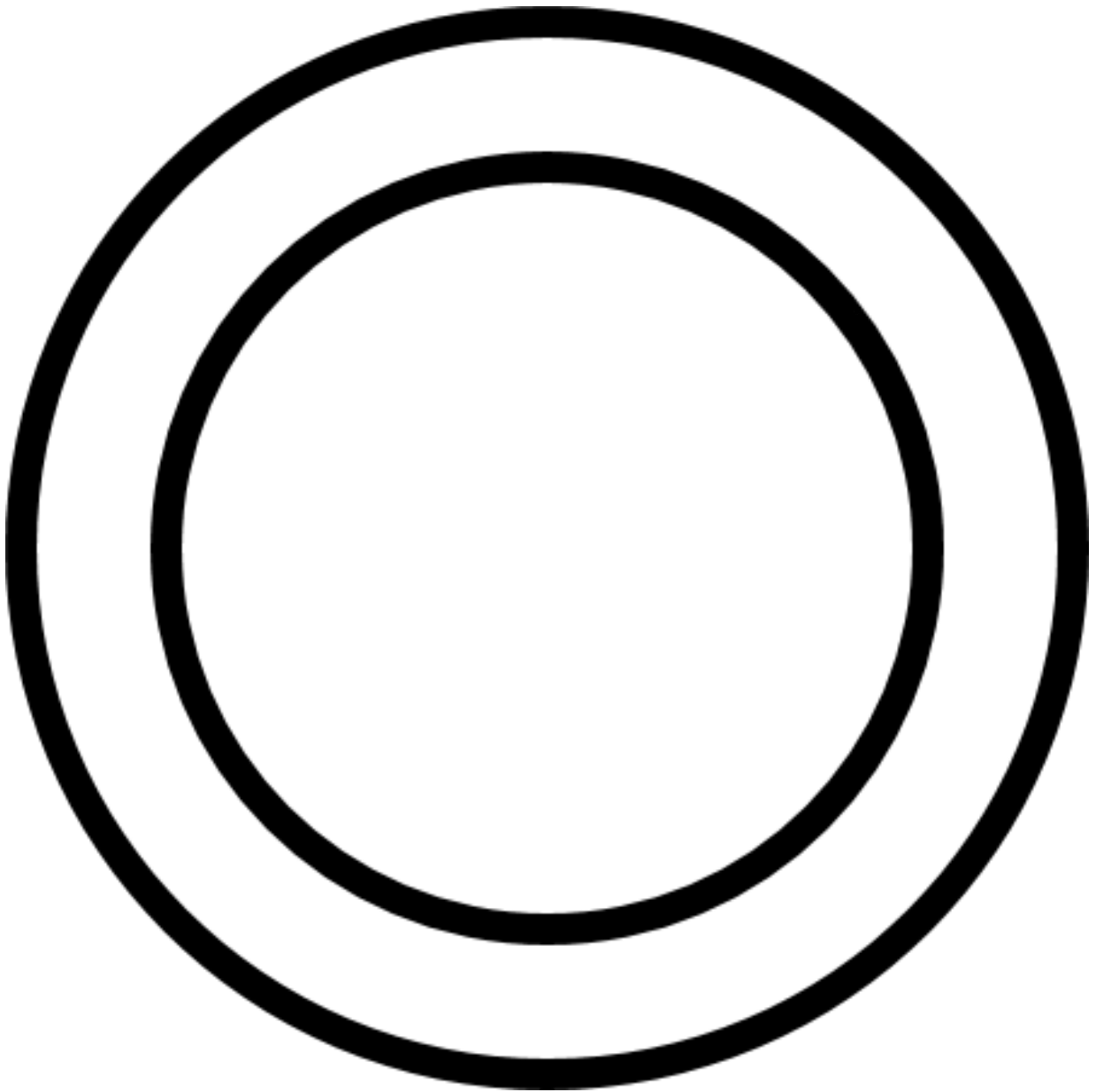
Healthy Dinner Plate



Healthy Snack Plate



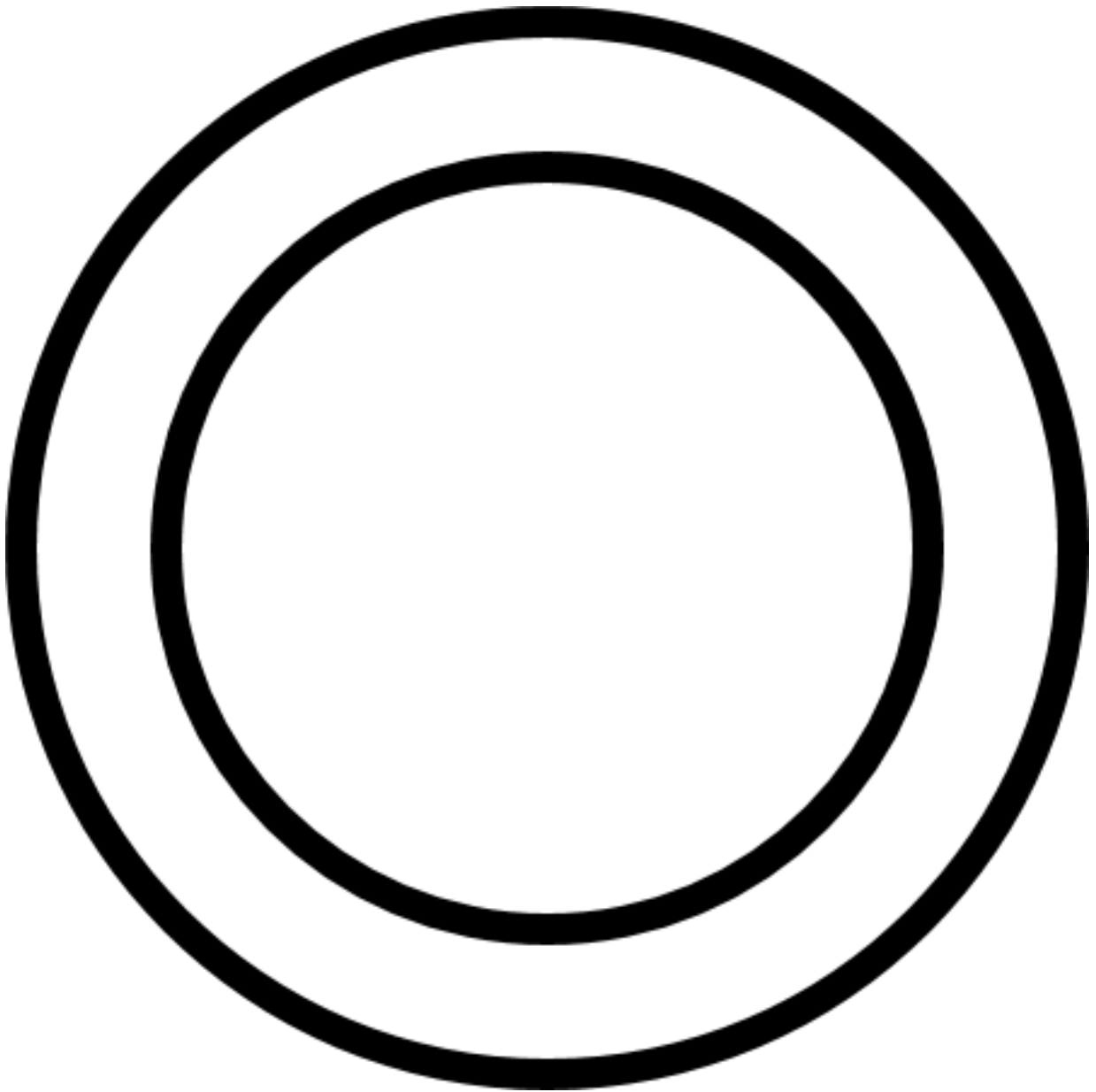
My Healthy Plate



My Healthy Plate would

have

My Sometimes Plate



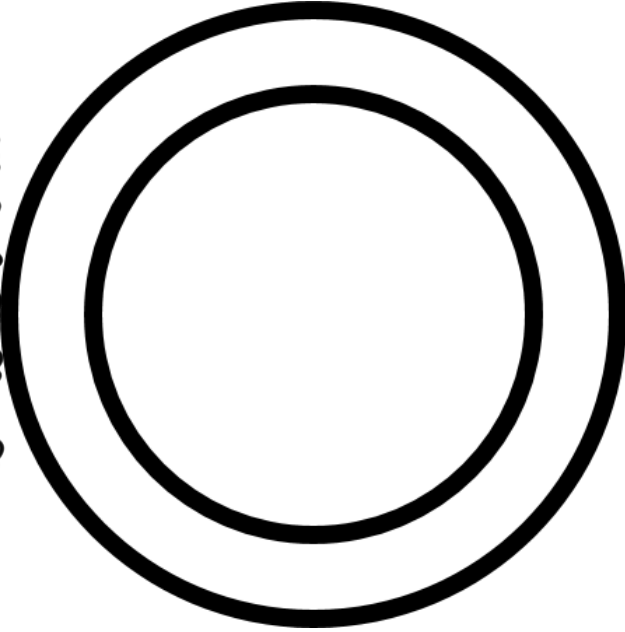
My Sometimes Plate

would have

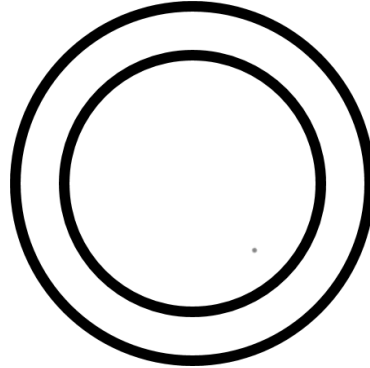
Blank handwriting lines for practice, consisting of a solid top line, a dashed middle line, and a solid bottom line.

My Whole Day of Eating

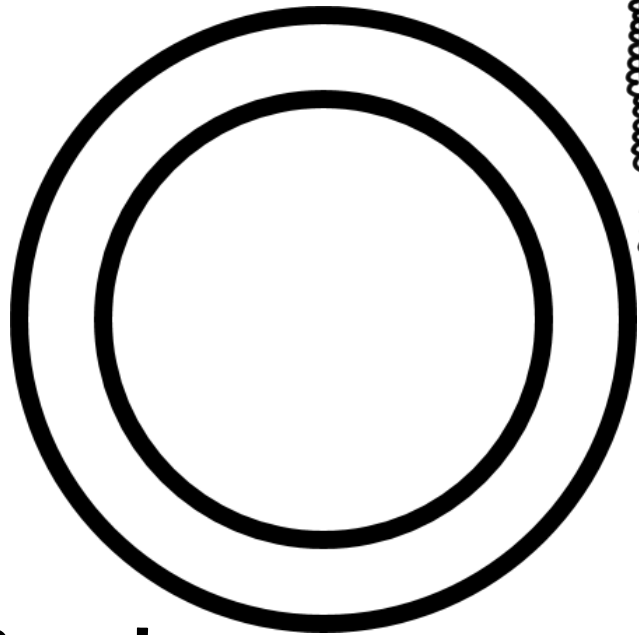
Breakfast



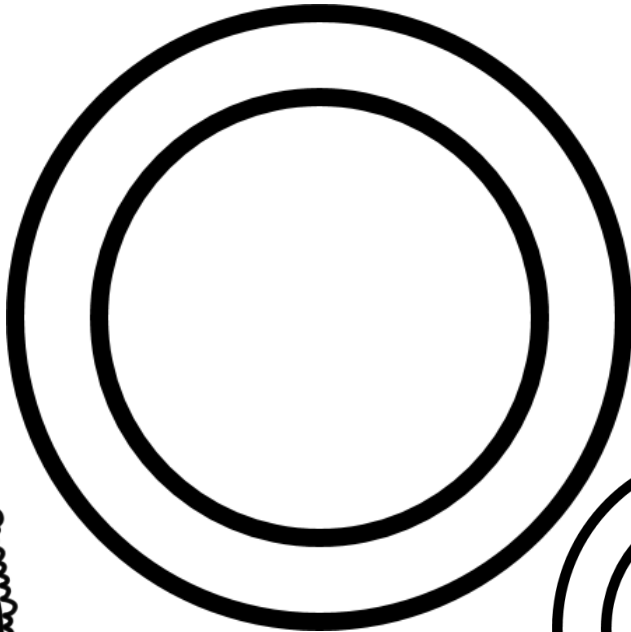
Snack



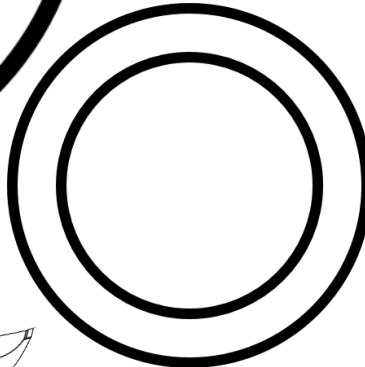
Lunch



Dinner



Snack



Snack

