

Nutritious Meals and Snacks

Long Text Description

A collage of 3 images representing the content:

Image 1: A collage of healthy food choices including proteins, vegetables, and whole grain foods.

Caption: Mix it up by offering a variety of foods.

Image 2: A woman chooses an apple instead of a pastry.

Caption: Offer healthier foods that are low in salt, fat and sugar.

Image 3: A collage of whole grain foods

Caption: Choose whole grains such as oatmeal, whole wheat bread/wraps or pasta, quinoa, brown rice.