



1

## FRUITS & VEGETABLES

We need at least 5 fruits and vegetables each day, in a variety of colors for a healthy diet. When you prepare your plates, filling half of it with fruits and veggies will help you reach this goal.



2

## WHOLE GRAINS

Whole grains are those that still have all three major parts of the grain (bran, endosperm, and germ). These have fiber, healthy fats, vitamins, and minerals. Whole grain ingredients should be listed first or second on the food label ingredient list.



3

## DAIRY

The calcium and vitamin D found in dairy is very important for building bones in our children and maintaining bones for adults. We should be consuming 3 servings of dairy foods each day.



4

## LEAN PROTEIN FOODS

Lean protein is important for muscle building and many other functions in the body. It also helps keep us full. Proteins can be both animal and plant based. Both are great choices for a healthy diet.



Check out these Village Table Recipes to help make meal planning a little easier:



**Sweet Potato and Black Bean Chili**  
Perfect for a warm , cozy meatless meal.



**Rainbow Fruit Salad**  
Get all of the important colors in one delicious dish!



**Cheesy Chicken and Rice**  
Four key food groups in one handy dish!



**One-Pan Sausage and Veggies**  
Easy clean-up with this one-pan dish!

Looking for more healthy recipes and nutrition resources?

Check out our family nutrition blog at <https://villagetable.com/parents/>