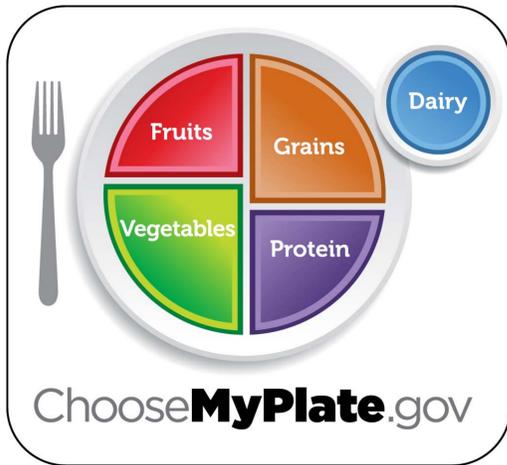


Every Color Every Day, Strong and Healthy So You Can Play!

# Yellow is for Oils



Stick to foods with healthy oils like...



Nuts and Seeds



Salmon



Avocado



Catfish



Shrimp



Trout

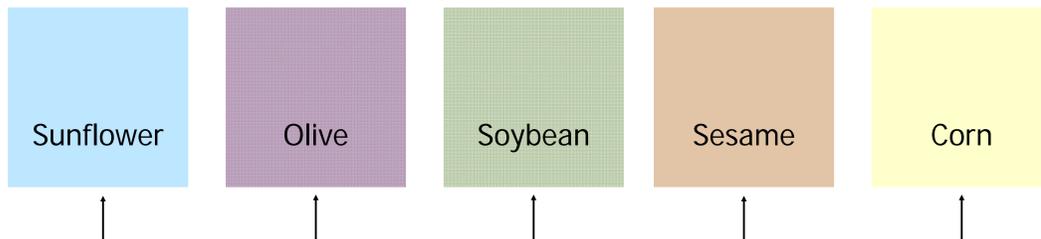
## DID YOU KNOW?

Nut butters go beyond peanut butter. Try soy nut, sunflower, macadamia, hazelnut, walnut, almond or cashew butter. Delicious!

## Guess this Oil!

Oils are a smarter choice than solid fats like butter, stick margarine and lard. Oils come from different parts of plants: root, stem/bark, leaves, flowers, seeds, and fruits. What are the types of oil can you make with the plant parts below?

Lift the flaps to see.



Cafeteria Connections

Look in this pocket to find fun activities!

Smart Cafeteria Foods – Oils

Look in this pocket to find smart cafeteria foods with healthy oils!