Red, Orange, Purple, Blue and Green...Make These Colors Your Routine!

Purple is for Protein Foods

Make your body strong with smart choices like...

Protein Foods help make you strong because they are high in protein and iron.

DID YOU KNOW?

Peas, beans, nut and seeds also provide protein. See if you can guess these protein foods from the picture and riddle below. Lift the flaps to see if you are correct.

Guess this Protein Food!

Look in this pocket to find fun activities!

Look in this pocket to find smart cafeteria foods with protein!

A message from the Child Nutrition Program