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
- Trout
- Shrimp

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.

- Sunflower
- Olive
- Soybean
- Sesame
- Corn

Look in this pocket to find fun activities!

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