

Food for Health

A variety of foods from different groups work together to support brain, bone, muscle and gut health.

Which foods do you like to eat together?

Protein



Fish



Chicken



Beef



Tofu



Beans



Nuts



Eggs

Dairy



Milk



Yogurt



Cheese



Cottage Cheese



Fortified Soy Beverage



Kefir

Vegetables



Spinach



Broccoli



Sweet Potato



Tomatoes



Bell Pepper



Peas

Fruit



Blueberries



Oranges



Applesauce



Bananas



Cantaloupe



Strawberries

Whole Grains



Oatmeal



Toast



Tortillas

Healthy Fats



Olive Oil



Avocado



Nut Butter

Snack and Meal Ideas



Yogurt Parfait

✓ Fresh, frozen or dried fruit

✓ Whole-grain cereal

✓ Yogurt



Chicken & Rice Bowl

✓ Chicken & beans

✓ Lettuce, corn & salsa

✓ Cheese

For more nutrition information visit: DairyCouncilofCA.org

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