

**Choose canned veggies, canned beans,  
and whole grains to make your  
own homemade soup.**



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[www.eatsmartmovemoreva.org](http://www.eatsmartmovemoreva.org)

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**Choose rolled oats, dried fruit, and unsalted nuts or seeds to make homemade granola.**



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**Choose eggs to make kid-friendly  
scrambled eggs for breakfast.**



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**Choose rolled oats, raisins, bananas  
and unsalted nuts to make  
healthy homemade treats.**



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**Choose whole-wheat tortillas, canned beans, and reduced-fat cheese to make homemade bean burritos.**



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**Choose low-fat (1%) or fat-free (skim)  
milk and yogurt for  
healthy drinks and snacks.**

**These lower fat options have  
the same essential nutrients  
with less fat and calories.**



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# Beans, eggs and unsalted nuts are great protein options.



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**Carrots, leafy greens, or potatoes  
are great veggie side options.**



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# Apples, bananas, or oranges are great fruit options.



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**Serve naturally sweet fruit for dessert. Try baked apples, fruit salad, or fruit smoothie.**



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