



# 50 FOODS CHALLENGE

HOW MANY HAVE YOUR KIDS EATEN?

## Vegetables

- Acorn and butternut squash
- Broccoli
- Carrots
- Cauliflower
- Chard
- Collard greens
- Dark green lettuce
- Peas
- Red and orange bell peppers
- Spinach
- Sweet potatoes
- Tomatoes

## Dairy

- Low-fat cheese
- Low-fat and non-fat milk
- Low-fat and non-fat yogurt
- Fortified soy milk
- Fortified soy yogurt
- Low-fat cottage cheese

## Fruits

- Apples
- Apricots
- Bananas
- Blueberries
- Cherries
- Kiwis
- Mangoes
- Oranges
- Papayas
- Pineapple
- Strawberries
- Tangerines
- Watermelon

## Grains

- Brown rice
- Bulgur
- Corn tortillas
- Whole wheat bread
- Oatmeal
- Whole grain breakfast cereals
- Whole wheat pasta
- Whole wheat tortillas
- Popcorn
- Whole wheat crackers

## Proteins

- Canned beans
- Canned tuna
- Eggs
- Peanut butter
- Tofu
- Fish: salmon, trout, herring, sardines
- Ground chicken and turkey
- Lean cuts of meat
- Lean ground meat (at least 90%)

COOKING  
MATTERS<sup>®</sup>



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