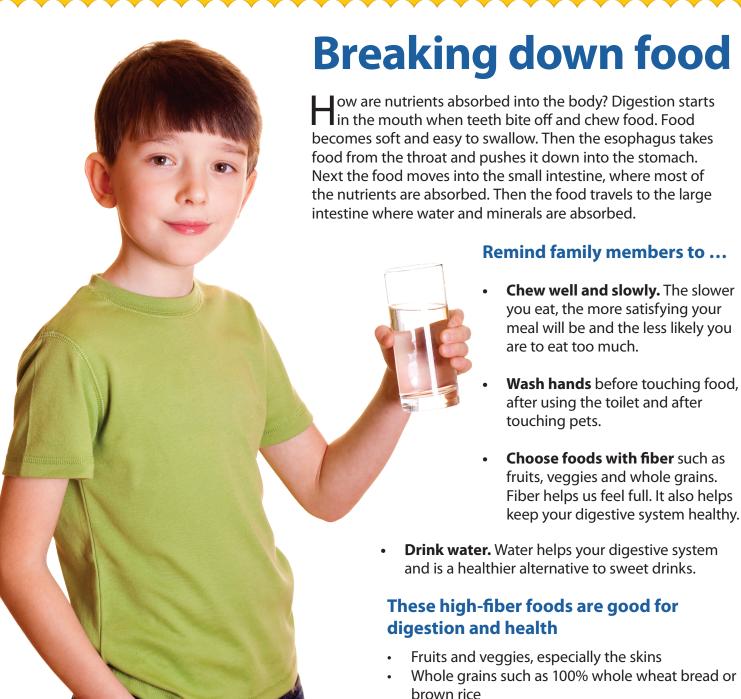


Choosing Foods for Me

Fourth-grade nutrition education newsletter

Lesson 3



Beans and peas Nuts and seeds Children love to be involved in planning meals and snacks. Talk about these foods, and ask your child which high-fiber foods (see suggestion list) could be added to them.

Turkey sandwich I would add to the sandwich.
Tomato and greens salad I would add to the salad.
Carrots with hummus for a dip I would add with the carrots for dipping.
Low-fat yogurt I would add to the yogurt.
Pizza I would add to the pizza.
Soup I would add to the soup.
Mac and cheese I would add to the mac and cheese.
Spaghetti and meatballs I would have with the spaghetti and meatballs.



Give macaroni and cheese a fiber boost by adding cut-up vegetables.

Some suggestions:

- **Turkey sandwich:** Add slices of tomato or have fruit as a side.
- **Tomato and greens salad:** Add canned kidney beans or chickpeas.
- Carrots with hummus for a dip: Add wholewheat crackers for dipping.
- Low-fat yogurt: Add sliced fruit, such as strawberries.
- **Pizza:** Add fruit or veggie pieces.
- Soup: Add veggie pieces, beans, peas or all of these!
- Mac and cheese: Add small veggie pieces, such as green or red pepper.
- **Spaghetti and meatballs:** Add fruit for dessert.

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For more information, call MU Extension's Show Me Nutrition Line at 1-888-515-0016. Need help stretching your food dollars? Contact your local resource center or go online to *mydss.mo.gov/food-assistance*



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