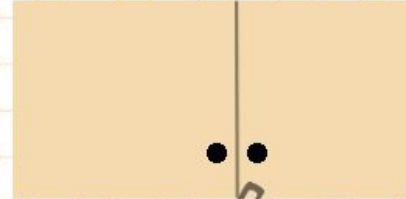
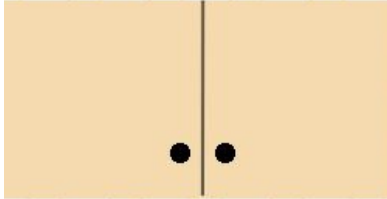


Try new foods!

**Take your time
when eating!**

**Tips for
Healthier
Meals**



**Try fruit
instead for a
sweet snack or
dessert!**



**Bake or grill
your lean
protein!**



**Cook at home!
Know what
you are eating!**



Go to www.ChooseMyPlate.gov
for more information.

This toolkit is for parents of children with I/DD to help with healthy eating:
<http://www.letsgo.org/wp-content/uploads/linked-IDD-TOOLKIT.pdf>

