Vegetables
Fruits
Grains and Whole Grains

Nurture: www.nurtureyourfamily.org
Proteins
Calcium Rich

- Almonds - Protein
- Broccoli – Vegetable
- Kale - Vegetable
- Tofu - Protein
- Calcium Fortified Juice - Fruit
Grilled Chicken
Salsa

Photo courtesy of Chris Breeze