



Family Nutrition Tips

FILL YOUR
PLATE WITH A
DELICIOUS AND
NUTRITIOUS
MEAL!

PROTEIN

Protein provides power.
Make selections that are lean and
affordable, like **fresh, frozen, and canned seafood.**

Seafood is among the highest-quality proteins
offering additional health benefits. Leading health
organizations recommend eating this 'protein
with benefits' at least twice a week.

FRUITS & VEGETABLES

Make half of your plate fruits and vegetables. Consider choosing
a variety of **fresh, frozen, and canned fruits and vegetables.**

Try incorporating at least one fruit or vegetable into
each meal and snack throughout the day.

WHOLE GRAINS

From bread to cereal, choose foods labeled
"100% whole wheat" or "100% whole grains."

Whole grains with more fiber will help
your kids feel fuller longer so they
stay alert all day long.

DAIRY

Children of every
age, and adults, too,
need the **calcium,
protein and vitamin D
in milk** for strong
bones, teeth,
and muscles.



To learn more about how
you can increase your seafood intake,
visit our website or follow us on social media.

 @Seafood4Health

seafoodnutrition.org | [#Seafood2xWk](https://twitter.com/Seafood2xWk)