**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.

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

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