



"Always" and "Sometimes" Foods

All foods fit! Healthy eating is about balance and all types of food.

"Always" Foods	"Sometimes" Foods
<p>These foods have lots of nutrients and help keep us strong. Some examples are: chicken, veggies, rice, whole wheat bread, and fruits.</p>	<p>These foods are easy to eat and are usually more processed. They give us quick energy. Some examples are: ice cream, cake, chips, soda, and cookies.</p>
	

Activity: Circle the foods you eat the most. Are there more "always" or "sometimes" foods?

Talk to your CHN Nutritionist if you have more questions!