

Follow the path to

Food, Fun, and Fitness!

vitamins

made with whole wheat

low fat

Low fat foods help me stay trim and speedy.

omega-3

high in fiber

Multigrain foods are high in fiber, and they taste great, too.

made with whole grain

made with multigrains

soy protein

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EATING RIGHT
uniting flavor & nutrition
KIDS

low cholesterol

Fruit is a great snack—it's sweet and tasty with no added sugar.

fat free

high in protein

I get my protein from fish (but I'd rather have canary).

Vitamins keep me hopping.

Grains

Vegetables

Fruits

Oil

Milk

Meat & Beans

Look for Eating Right Kids™ products in your local supermarket.

SAFEWAY VONS Dominick's GENUARDI'S
Randalls Tom Thumb PAVILIONS CARRS SAFEWAY