

Garden Bite

1 Choose a Whole Grain



Put a grain on your plate.

2 Spread the Protein Food



Spread some dip onto the grain.

3 Add Veggies



Top with colorful vegetables.

4 Top With Dairy



Spoon a dairy food on your veggies.

5 Take a Bite



Ingredients

Grains

whole grain cracker, tortilla chip, or pita chip



Protein Foods

bean dip or hummus



Tip: To make your own dip, mash low-sodium black beans with a fork. Add liquid from the can to make it smoother.

Vegetables

corn, lettuce, avocado, salsa, carrots, or beans



Dairy

low-fat cheese, soy yogurt, or non-fat plain yogurt

