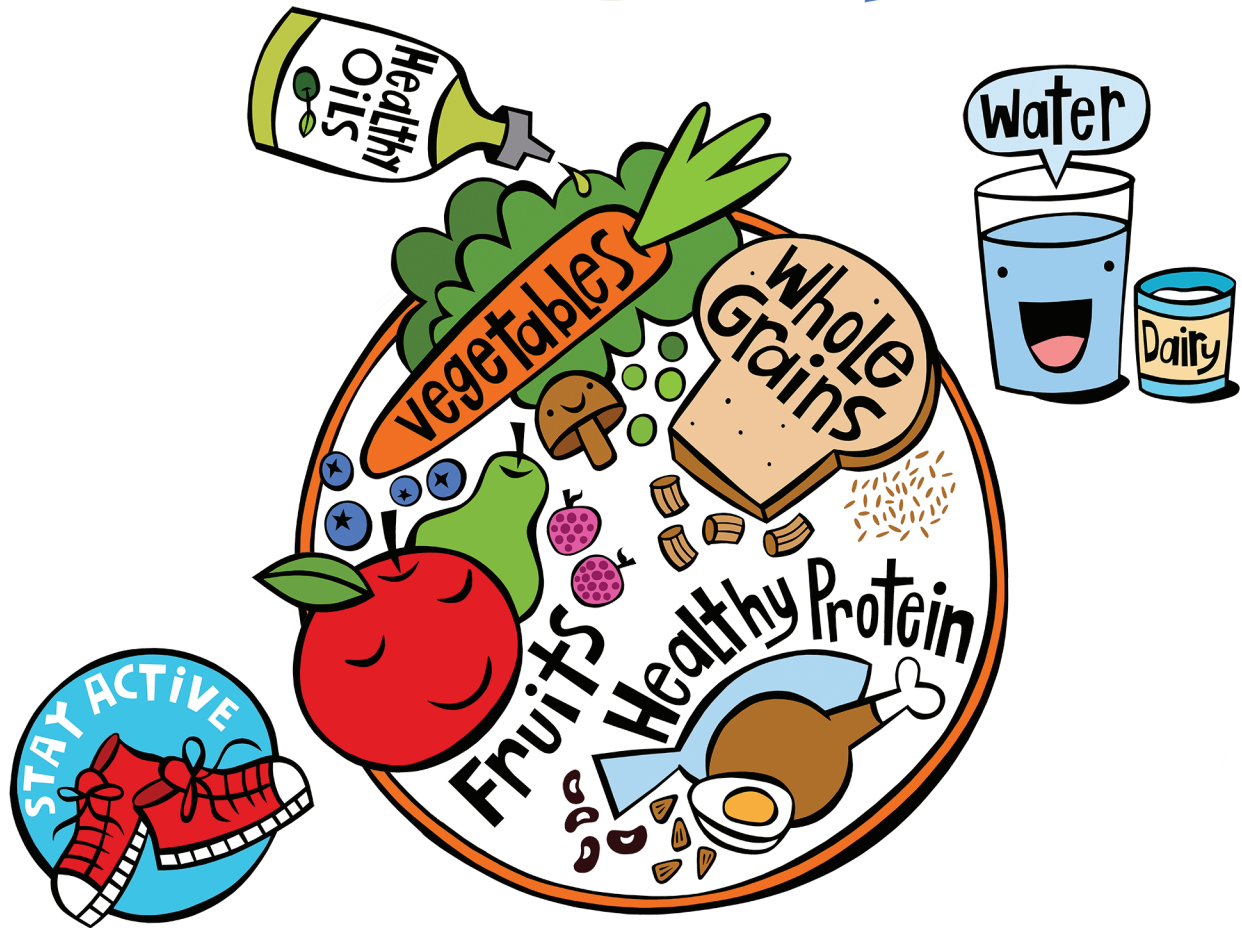


Kid's Healthy Eating Plate



From L.W.Y. Cheung, H. Dart, S. Kalin, B. Otis, and S.L. Gortmaker, 2016, *Eat Well & Keep Moving*, 3rd ed. (Champaign, IL: Human Kinetics). Copyright © 2015, Harvard T.H. Chan School of Public Health. For more information about The Kid's Healthy Eating Plate, please see The Nutrition Source, Department of Nutrition, Harvard T.H. Chan School of Public Health, www.hsph.harvard.edu/nutritionsource/kids-healthy-eating-plate