

**Carbohydrates**  
**Grains & Cereals**

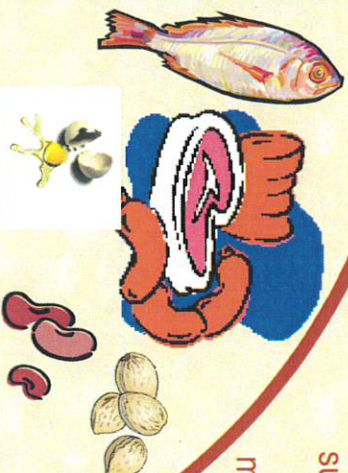
Choose whole grains and cereals such as wild rice, barley, whole grain breads, and whole wheat pasta.

**Traditional Food Plate**

**Grains & Cereals**



**Meat & Meat Alternatives**



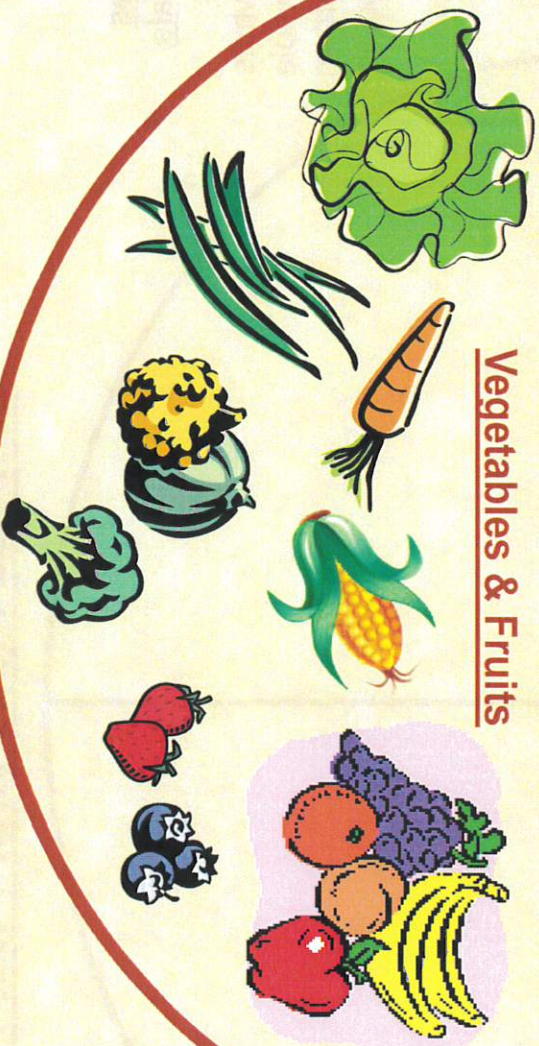
**Proteins**  
**Meat & Meat Alternatives**

Choose lean meats, such as wild game and fish. Trim fat from meats. Beans are high in iron and fibre.

**Water**

Drink up to 8 cups a day.  
Water is Life!

**Vegetables & Fruits**



**Vegetables & Fruits**

Vegetables should be the bulk of our meals. Choose leafy greens and 3 sisters; corn, beans, and squash.



## Can you make your Plate?

### Carbohydrates Grains & Cereals

Wild rice, barley, whole wheat macaroni, whole wheat spaghetti, brown rice, whole grain bread

### Proteins Meat & Meat Alternatives

Deer, moose, salmon, trout, steak, burger, chicken breast, beans, lentils, eggs

### Vegetables & Fruits

Dandelion greens, lettuce, broccoli, corn, green beans, squash, pumpkin, cabbage, strawberries, raspberries, blueberries

