



**Eat Well.  
Move More.  
Feel Great!**

# ACTIVITY: BALANCING YOUR MEALS

**What fruit or vegetable could you add to these high-protein breakfast foods?**



Scrambled Eggs

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Peanut Butter on whole wheat toast

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Low-fat Greek Yogurt

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**What fruit or vegetable could you add to these high-protein snack foods?**



Cheese quesadilla on a whole wheat tortilla

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Hard Boiled Egg

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½ plain turkey sandwich on whole wheat bread

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Handful of almonds

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**What vegetable could you add to these high-protein dinners?**



Baked chicken with brown rice

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Baked fish

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Tofu

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**Healthy Living**  
*...for life!*

Nutrition Services • Alameda County Public Health Department

Alameda County Public Health Department • Nutrition Services  
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