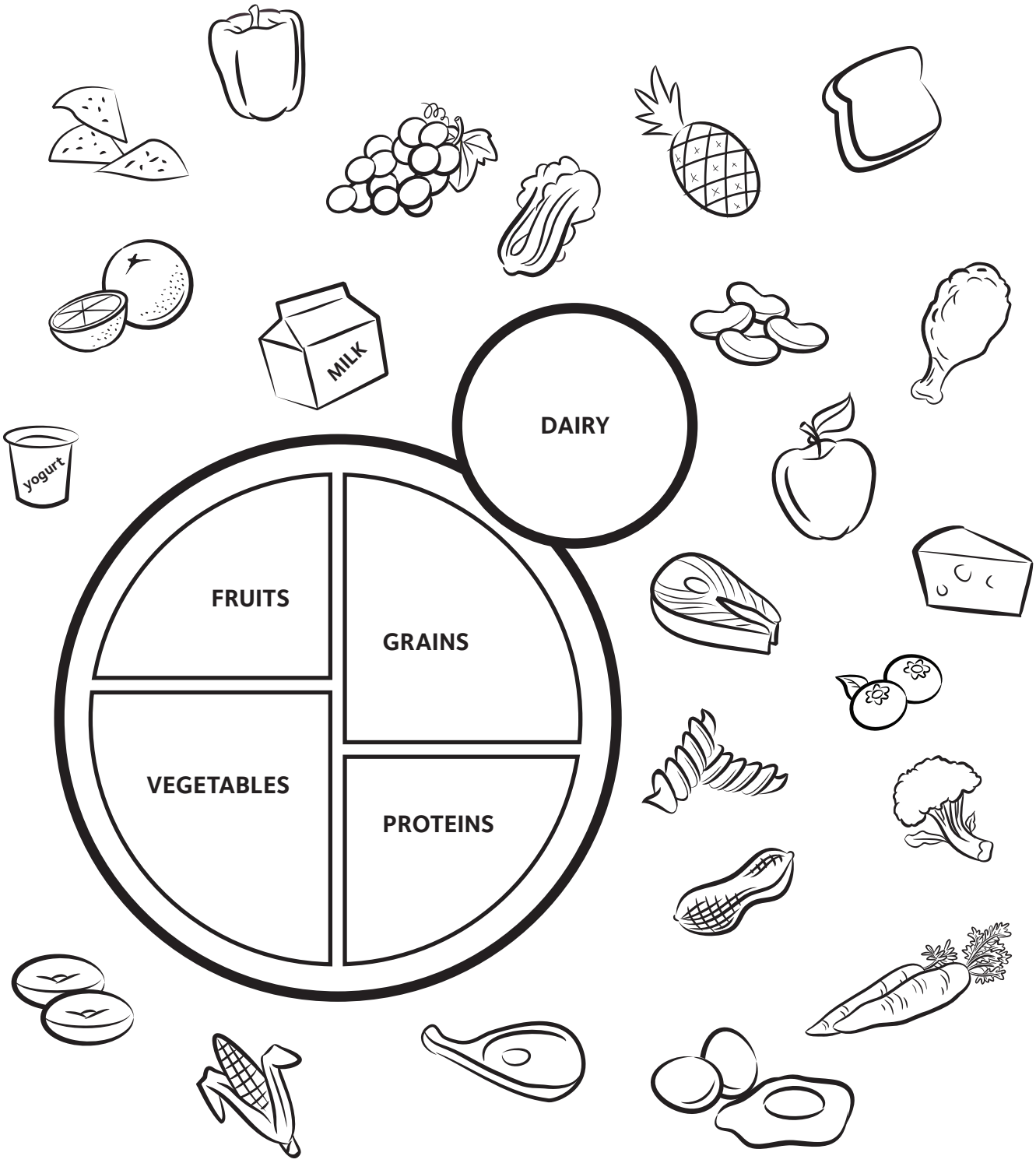
Fuel Your Healthy Smile!

A healthy smile depends on good nutrition! Draw a line from the food items to their proper place on the plate. For a super smile remember to limit sweets, soda and fats. Choose whole grains and lean proteins. And eat all the colors of the rainbow!