

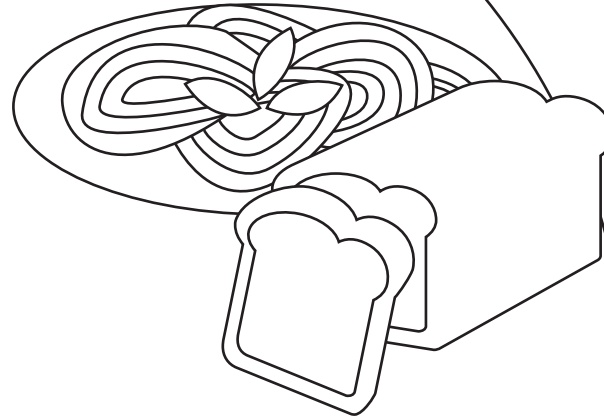


Children's Hospital Colorado

Vegetables
and/or fruits



Starchy foods
(ex. bread, potato, rice, pasta,
corn, peas, plantain)



Meat, poultry
(chicken, turkey),
fish, beans/legumes

