

# Kid-Friendly “Safe Foods” List

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**Hey Kids!** These foods are super safe and yummy for your tummy. You can eat as much of these as you want!

## GREEN LIGHT (Go!)

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### Fruits

- Apples (peeled if needed)
- Bananas
- Berries (Strawberries, Blueberries)
- Grapes
- Melon (Watermelon, Cantaloupe)
- Pears

### Veggies

- Carrots (Baby carrots are great!)
- Cucumbers
- Broccoli (Trees!)
- Green Beans
- Sweet Potatoes
- Spinach (Popeye food!)

### Proteins

- Chicken (Grilled or baked)
- Turkey
- Lamb

- Fish (Salmon, Cod)

## Grains & Starches

- Rice (White or Brown)
- Rice Noodles
- Quinoa
- Potatoes

## Drinks

- Water
- Coconut Water
- Herbal Tea (Peppermint, Chamomile)

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## RED LIGHT (Stop!)

*These foods might make your tummy hurt right now. We are taking a break from them.*

- Milk, Cheese, Yogurt (Dairy)
- Bread, Pasta, Cookies (Gluten/Wheat)
- Eggs
- Peanuts & Tree Nuts
- Soy Sauce

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