



**Sing to the tune of "Row Your Boat"**

Try, try, try new foods...  
Try new foods each day...  
Eat your veggies...  
Eat your fruits...  
And lots of colors today!



Thank you for coming to our nutrition program.  
For more information, contact Stacy Mitchell,  
RDN, LD,CPT

Stacy@dailydietitian.com

[www.dailydietitian.com](http://www.dailydietitian.com)

Daily Dietitian IG @dailydietitianrd