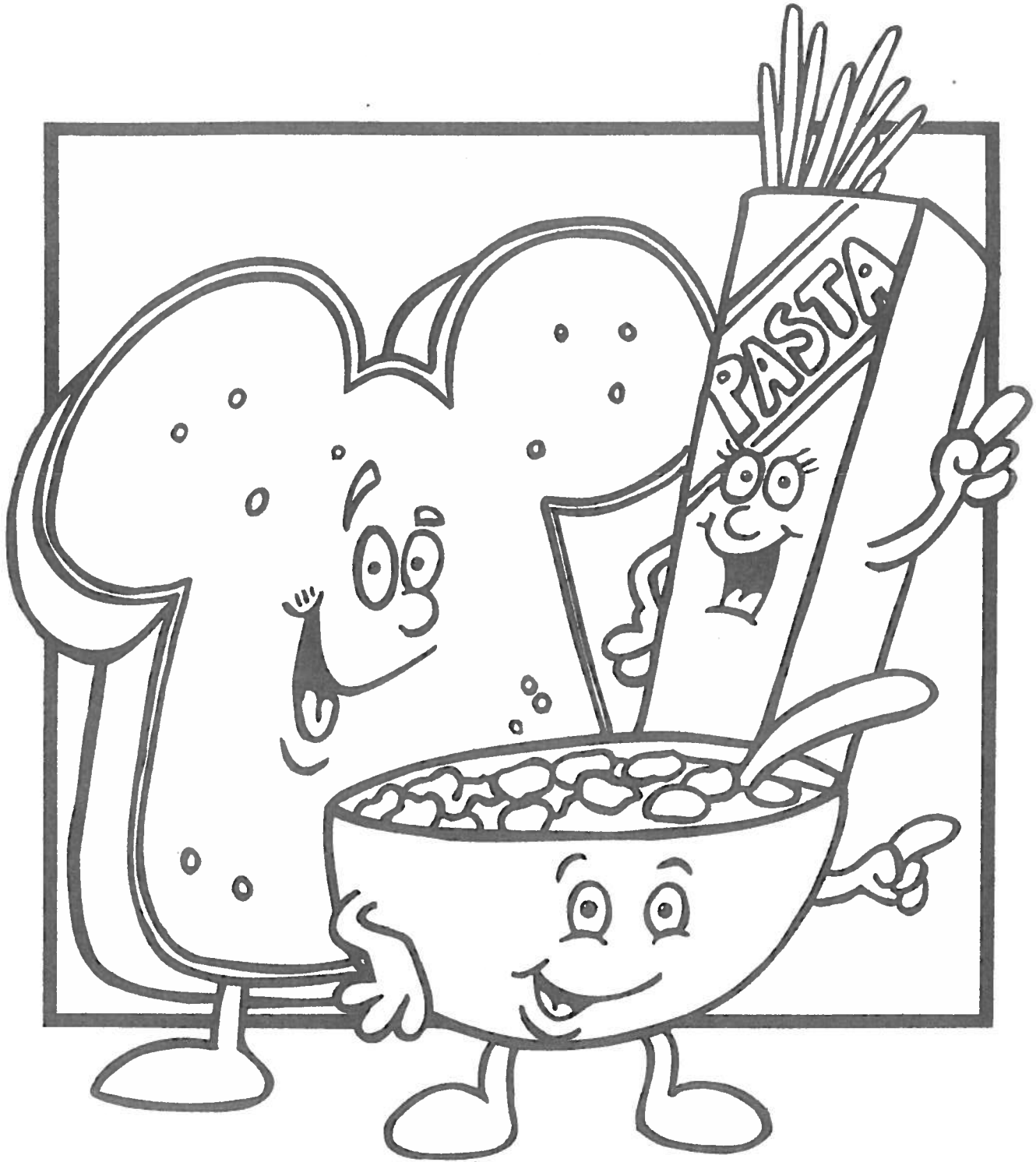


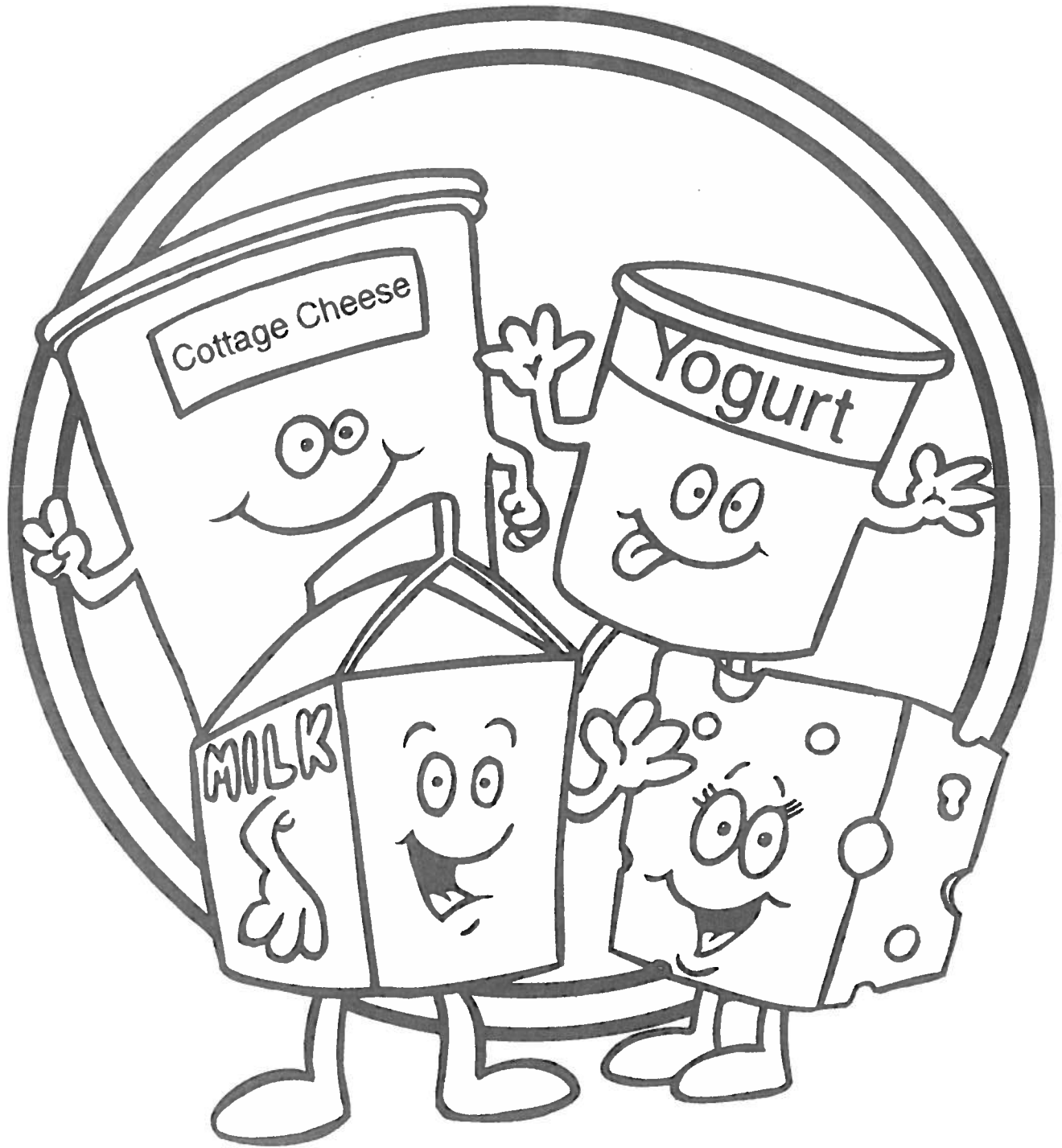
Fruit & Vegetable Group

To get the nutrients you need you should eat at least 2-4 servings of fruit and 3-5 servings of vegetables every day.



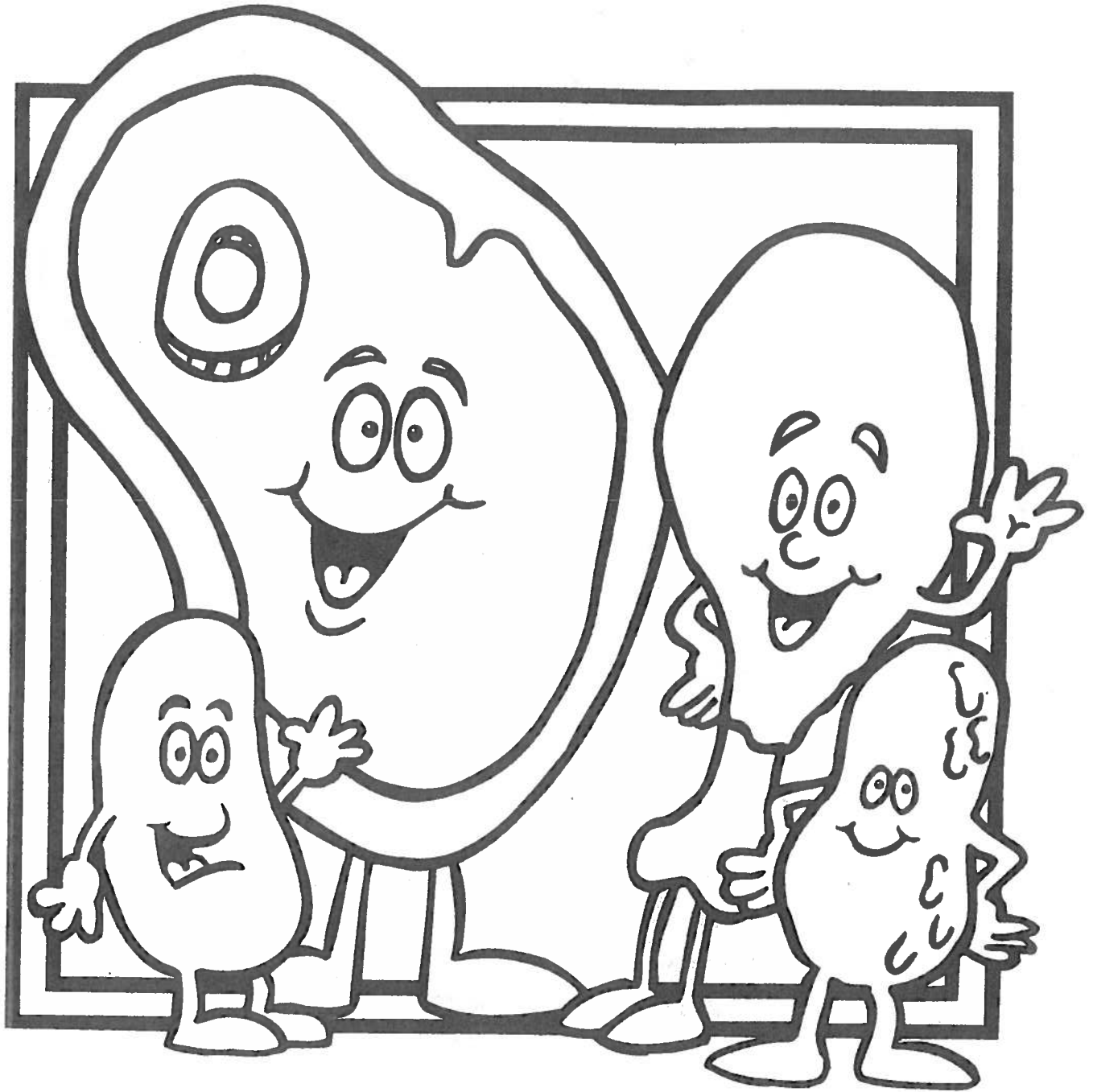
Bread, Cereal, Pasta & Rice

To get the nutrients you need you should eat at least 6-11 servings every day.



Milk, Yogurt & Cheese Group

You should eat at least 2-3 servings every day from this food group. It'll help you grow strong bones and teeth!



**Meat, Poultry, Fish,
Eggs, Nuts & Dry Beans**

This is the food group for protein. You will need to eat 2-3 servings from this group every day.

WATCH OUT!
Be sure to
balance
your diet
with healthy
snacks too!



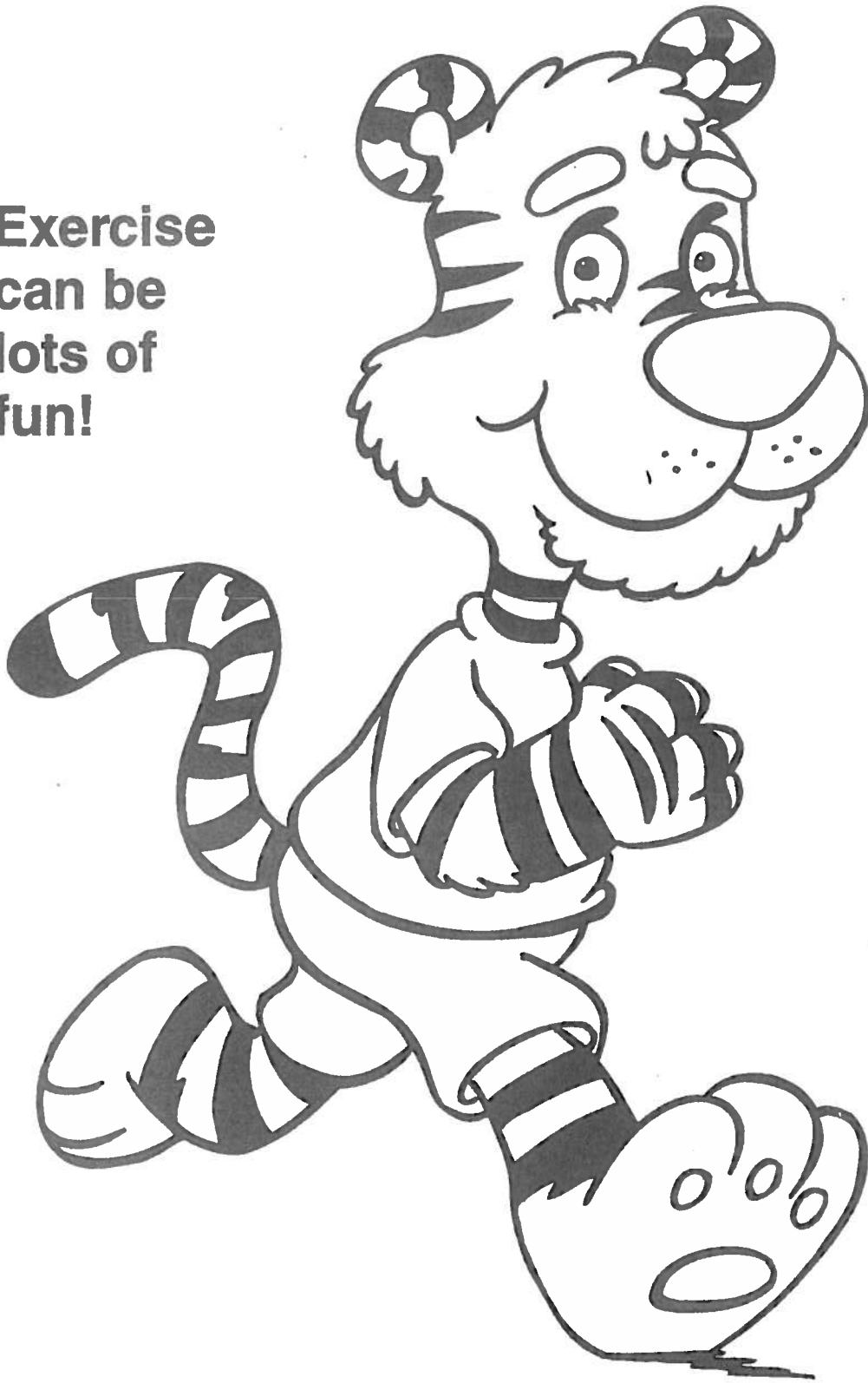
**Don't eat
too much!**



Shop wisely!

Watch for foods that contain sugar and fat. You don't want to eat too many of these foods. Food packaging is labeled and lists how much of each ingredient is in what you are buying.

**Exercise
can be
lots of
fun!**



Your body also needs lots of exercise to stay healthy. What do you like to do?
