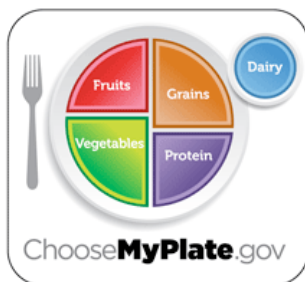









Name: \_\_\_\_\_



If you take in more calories, increase your activity.



|  <b>Grains</b><br>10 servings =<br>10 ounces  |  <b>Vegetables</b><br>8 servings =<br>4 cups  |  <b>Fruits</b><br>5 servings =<br>2 1/2 cups  |   <b>Milk</b><br>3 servings =<br>3 cups |   <b>Meat and Beans</b><br>7 servings =<br>7 ounces |
|--|--|---|---|---|
| <p><b>Make 1/2 your grains whole grains.</b></p> <p>Aim for at least <b>5 ounces of Whole grains</b> a day</p> <p>1 ounce =<br/>           1 cup of cereal<br/>           1 slice of bread<br/>           1/2 cup of rice/ pasta</p> | <p><b>Veggies are the main source of Vitamin A</b></p> <p>Vary your veggies and don't forget green leafy and orange vegetables like spinach, broccoli and carrots.</p> | <p><b>Fruits are the main source of Vitamin C</b></p> <p>Fruit juice can have a lot of added sugar. Choose 100% fruit juice.</p> <p>Eat a variety of fresh fruit.</p> | <p><b>Milk provides calcium for strong bones and teeth</b></p> <p>Go low-fat or fat-free when you choose milk, yogurt, or cheese.</p>   | <p><b>Choose lean or fat free meats and poultry</b></p> <p>Vary your protein choose more fish and beans,</p> <p>1 ounce =<br/>           1 Tbsp peanut butter<br/>           1 egg<br/>           1/2 cup of beans</p>    |
| <p>Find your balance between food and physical activity.<br/>           Be physically active for at least <b>60 minutes every day</b>, or most days.</p>   |  |   | <p><b>Limit Fats and Sugars.</b><br/>           Limit foods with added fats and sugars, they only add calories but no other nutrients.</p>  |   |

Based on 3200 calories for 9 to 18 years old

This calorie level is only an estimate of your needs. Monitor your body weight to see if you need to adjust your calorie intake.

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