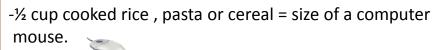
Healthy Eating the MyPlate way with the Super Crew®!

WHOLE GRAINS:

✓ Play a role in maintaining a healthy weight and providing long term energy.

Eat 5-8 ounce equivalents per day!

-1 slice of whole grain bread = size of a compact disk.





Aim to make at least 3/4 of your grains whole!

MILK PRODUCTS OR CALCIUM RICH FOODS

✓ Help build strong bones and muscles as well as maintain healthy blood pressure.

- Kira

-2 oz. cheese = size of 3 dominos.

Eat 2-3 servings per day!



-1 cup fortified soy milk, milk or yogurt = size of a baseball.

-1/2 cup of raw or cooked green leafy veggies*.



Read the labels on milk products and make sure they are low-fat or fat free.

*SuperKids Nutrition recommends leafy greens & fortified foods as a good source of calcium in addition to dairy.

FRUITS& VEGETABLES:

✓ Promote normal growth, faster healing as well as heart health.

Eat 1 ½ to 3 cups of vegetables per day!

- ½ cup raw or cooked veggies =size of a woman's fist
 Eat 1 ½ to 2 cups of fruit servings per day!
- 1 medium fruit = size of a tennis ball.





Color half of your plate with yummy fruits and vegetables! - Abigail

PROTEINS:

✓ Help build strong bones, muscles, cartilage, and skin.
 Eat 4-6 ounces per day!

- -2-3 oz. cooked fish, lean poultry or lean beef = size of a deck of cards.
- 2 Tbs. peanut butter = size of a ping pong ball.



Eat lean meats, beans, and nuts that are low in saturated fat. - Penny

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FATS AND OILS:

✓ Choose healthy oils like grape seed, olive or canola

 Nuts, seeds, and avocados are high in monounsaturated fats which protect your heart!



Make sure you choose healthy liquid fats and not solid saturated fats. - Marcus

Yummy & Healthy Snacks:

Choose low-fat and low sugar snacks to keep your heart super strong and super healthy.



I love cutting up my favorite fruits and mixing it up with assorted nuts. Yum! - Jessie

Water:

- ✓ Keeps your body at the right temperature.
- ✓ Carries important nutrients throughout your body.
- \checkmark Removes toxins from your body.



Drink water throughout the day from your favorite water bottle. - Baby Tom Tom

Physical Activity:

✓ Get at least 60 minutes, or more, of physical activity each day!



I love doing any activity that gets my body moving and heart pumping! - Andy

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