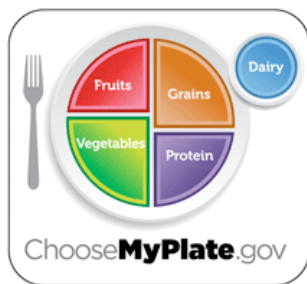







Name: \_\_\_\_\_



If you take in more calories, increase your activity.

 <b>Grains</b> 6 servings = 6 ounces	 <b>Vegetables</b> 5 servings = 2 1/2 cups	 <b>Fruits</b> 3 servings = 1 1/2 cups	 <b>Milk</b> 3 servings = 3 cups	 <b>Meat and Beans</b> 5 servings = 5 ounces
<p><b>Make 1/2 your grains whole grains.</b></p> <p>Aim for at least <b>3 ounces of Whole grains</b> a day</p> <p>1 ounce =            1 cup of cereal            1 slice of bread            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 =            1 Tbsp peanut butter            1 egg            1/2 cup of beans</p>
<p>Find your balance between food and physical activity.            Be physically active for at least <b>60 minutes every day</b>, or most days.</p>			<p><b>Limit Fats and Sugars.</b>            Limit foods with added fats and sugars, they only add calories but no other nutrients.</p>	

Based on 1800 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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