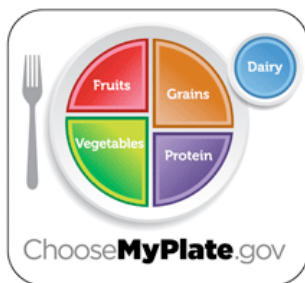







Name: \_\_\_\_\_



If you take in more calories, increase your activity.

 <p><b>Grains</b> 8 servings = 8 ounces</p>	 <p><b>Vegetables</b> 6 servings = 3 cups</p>	 <p><b>Fruits</b> 4 servings = 2 cups</p>	 <p><b>Milk</b> 3 servings = 3 cups</p>	 <p><b>Meat and Beans</b> 6 1/2 servings = 6 1/2 ounces</p>
<p><b>Make 1/2 your grains whole grains.</b></p> <p>Aim for at least <b>4 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 2400 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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