MEATS AND BEANS
- Make your muscles and body strong.
- Try to eat a variety of foods from this group: meat, fish, eggs, and beans.

GRAINS
- Give your body energy.
- Instead of only eating white bread, white rice, and regular pasta, try to get half your grains each day from whole grains. Whole grains are usually brown in color and have more vitamins.

DAIRY
- Keeps your bones and teeth strong.
- It is shown as a circle in the middle of your plate to remind you it can be added to other food groups in your meal.

FRUITS AND VEGETABLES
- Have a lot of nutrients that keep you healthy which is why they take up half of your plate.
- Eat a variety of colors each day!

*Oils are only needed in small amounts and are often added during cooking.*
2. Eat more fruits and vegetables
   Eat at least 5 a day.

3. Drink more water
   Carry a water bottle throughout the day.

4. Be more active
   Exercise for at least 30 minutes a day.

WHAT DID YOU DO TODAY?

- Mark each way you chose to be healthy.
- Use the two blank boxes to track other ways you chose to be healthy.

TRACK YOUR SUCCESS

TODAY I CHOSE TO
- Be More Active
- Eat More Fruits and Vegetables
- Drink more water