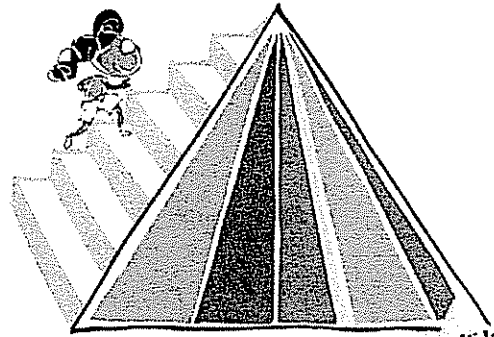


Eat Well, Be Active!

Here are some of the great things that eating well and exercising regularly can do for you!



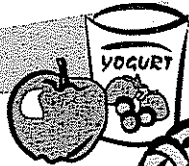
MyPyramid For Kids

Eat Right. Exercise. Have Fun.

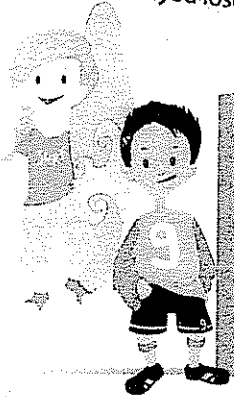
	9-11 year-olds	12-18 year-olds
Milk	3 cups	3 cups
Fruits	1½ - 2 cups	2 - 2½ cups
Vegetables	1½ - 2½ cups	3 - 3½ cups
Grains	5 - 6 ounces	7-10 ounces
Meat & Beans	4 - 5½ ounces	6 - 7 ounces

Put a check by the things that are important to you:

- feeling good about myself
- being healthy
- growing as tall as I'm supposed to be
- doing better in school
- sleeping better
- having more energy to do all the things I want to do



What do you think healthy eating means?
Eating well means enjoying all kinds of foods from all of the food groups represented in the MyPyramid chart (above). Each food group supplies different vitamins, minerals and other nutrients that keep you healthy. Eliminate a food group and you lose those nutrients!



Move your body! Instead of watching television or playing video games, try to trade some of your free time every day to do things that get your body moving. Playing sports, dancing, riding a bike or walking to a friend's house will help keep your mind sharp and your body healthy.

Here's what you can do to eat better!



Put a check by all the things you will try. Tell a friend or your mom or dad what you plan to do. They can help you stick to a plan.

- I will listen to my body and eat when I'm hungry and stop when I'm full.
- I will eat regularly. I will start off my day with breakfast and try to eat three meals a day, plus some nutritious snacks.
- I will try to eat many different foods from all of the food groups, including milk, cheese, fruits, vegetables, breads, cereal, rice, pasta, meats, beans and nuts. I'll even treat myself to sweets and desserts sometimes.
- I will eat with my family and friends more often.
- Whether I feel sad, lonely, upset or happy, if I'm not really hungry, I'll find something else to do instead of eating.

Build up on calcium!

If you're like most teens, you're probably getting nowhere near the calcium you need to look and feel your best.

You can't see it on the outside, but right now your skeleton is undergoing major construction.

Between the ages of about 11 and 20, you'll build up more than half your total adult bone calcium supply.

You need calcium to build and maintain strong bones. Dairy foods, such as milk, provide protein, vitamins A and D, calcium, magnesium and potassium – all of these help make your bones strong.

See the tips on the next page for ways to boost your calcium intake.



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