

Build a nutritious plate

Choose **WATER** over sugary beverages

Make half your plate **fruits and veggies**



30 Minutes of physical activity each day



Fruits

Focus on fruits

Fruits can be fresh, frozen, canned, dried, or 100% juice. Make 1/2 your plate fruits and vegetables.

Vegetables

Vary your vegetables

Include dark green, red, orange, starchy, beans, peas, and other varieties.

Grains

Make half your grains whole

Choose 100% whole grain breads, cereals, rice, pasta, and crackers.

Dairy

Get Calcium

Choose low-fat or non-fat milk, cheese, yogurt, and other dairy products.

Protein

Go lean

Include a variety of meat, poultry, beans, peas, eggs, seafood, tofu, nuts, and seeds,

Fruits

Vegetables

Grains

Dairy

Protein

Focus On Fruits

Vary Your Veggies

Whole Grain

Get Calcium

Go Lean

Apple
Banana
Berries
Cherries
Grapes
Kiwi
Mango
Melons
Orange
Peach
Pear
Pineapple

Asparagus
Avocado
Broccoli
Carrots
Celery
Cucumber
Green bean
Kale
Lettuce
Peas
Spinach
Sweet potato
Veggie juice
Zucchini

Bagel
Bread
Cereal
Crackers
Granola
Muffin
Oatmeal
Rice
Popcorn
Tortilla

Cheese
Cottage cheese
Kefir
Milk
Milk based
desserts
Yogurt

Beans
Beef
Chicken
Eggs
Fish
Nuts
Peanut butter
Seeds
Tofu
Turkey