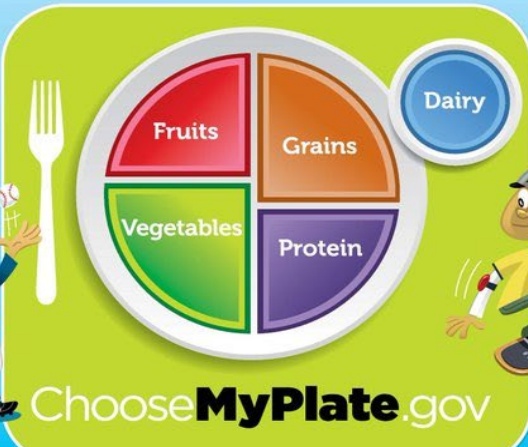


## Eat Smart to Play Hard


Use **MyPlate** to help you fuel up with foods from each food group.





Choose **MyPlate.gov**

### Keep on Moving!


You need at least **60 minutes** of physical activity **each day**. Whether that's skateboarding, tossing a ball, or playing tag, every little bit counts!



  Serving Up MyPlate  
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### FRUITS Fuel up with fruits at meals or snacks

Oranges, pears, berries, watermelon, peaches, raisins, and applesauce (without extra sugar) are just a few of the great choices. Make sure your juice is 100% fruit juice.




### VEGETABLES Color your plate with great tasting veggies

Try to eat more dark-green, red and orange vegetables, and beans and peas.




### GRAINS Make at Least Half Your Grains Whole Grains

Choose whole-grain foods, such as whole wheat bread, oatmeal, whole wheat tortillas, brown rice, and light popcorn more often.




### PROTEIN FOODS Vary Your Proteins

Try fish, shellfish, beans, and peas more often. Some tasty ways include a bean burrito, hummus, veggie chili, fish taco, shrimp or tofu stir fry, or grilled salmon.



### DAIRY Get Your Calcium-Rich Foods

Choose fat-free or low-fat milk, yogurt, and cheese at meals or snacks. Dairy foods contain calcium for strong bones and healthy teeth.



### Know Your "Sometimes" Foods

Look out for foods with added sugars or solid fats. They fill you up so that you don't have room for the foods that help you eat smart and play hard.