



Eat more fruits and veggies.

Make half your plate fruits and vegetables every day!



Try whole grains.

Ask for oatmeal, whole wheat breads, or brown rice at meals.



Think about your drink.

Choose water and low-fat or fat-free dairy milk (or lactose free or fortified soy versions) when you're thirsty.



Mix up your protein foods.

Include different foods like seafood, beans, lentils, nuts, eggs, meats, or poultry.



Get involved.

Help out by putting away groceries, stirring ingredients, peeling fruits, assembling salads, or setting the table.



Be active your way.

Find ways to be active and move your body for at least 1 hour a day like walking to school, riding your bike, or playing a sport with friends.