

NUTRITION



It's easy to be healthy when you know where to start!

Nutrition Game!

Can you unscramble the words below to find health messages?

1. For good health, fill half your plate with fruits and _____ at each meal.

G A B E E E S L T V

2. When you drink milk, look for options with little to no _____.

A T F

3. _____ are a great source of plant protein to help you grow.

S A B E N

4. Make at least half of the grains you eat _____ grains each day.

E H L O W

5. Apples, oranges, and strawberries are all types of _____.

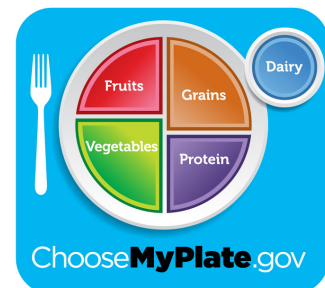
U T S R I F



Meet MyPlate:

MyPlate is made up of 5 different sections...

- Fruit
- Vegetables
- Grains
- Protein
- Dairy



Can you make your plate look like MyPlate?



Choose lean protein and dairy options. (That means versions without a lot of fat). Choose whole grain foods like 100% whole wheat bread and brown rice. And, of course, fill half your plate with fruits and vegetables