

# DRAW YOUR healthy MEAL!



## Be Wise with Portion Size

Eat smaller helpings, and pay attention to the feelings of hunger. Stop eating when you're satisfied, not when your plate is empty. Use the plate to the right as a guide for ideal portion sizes.



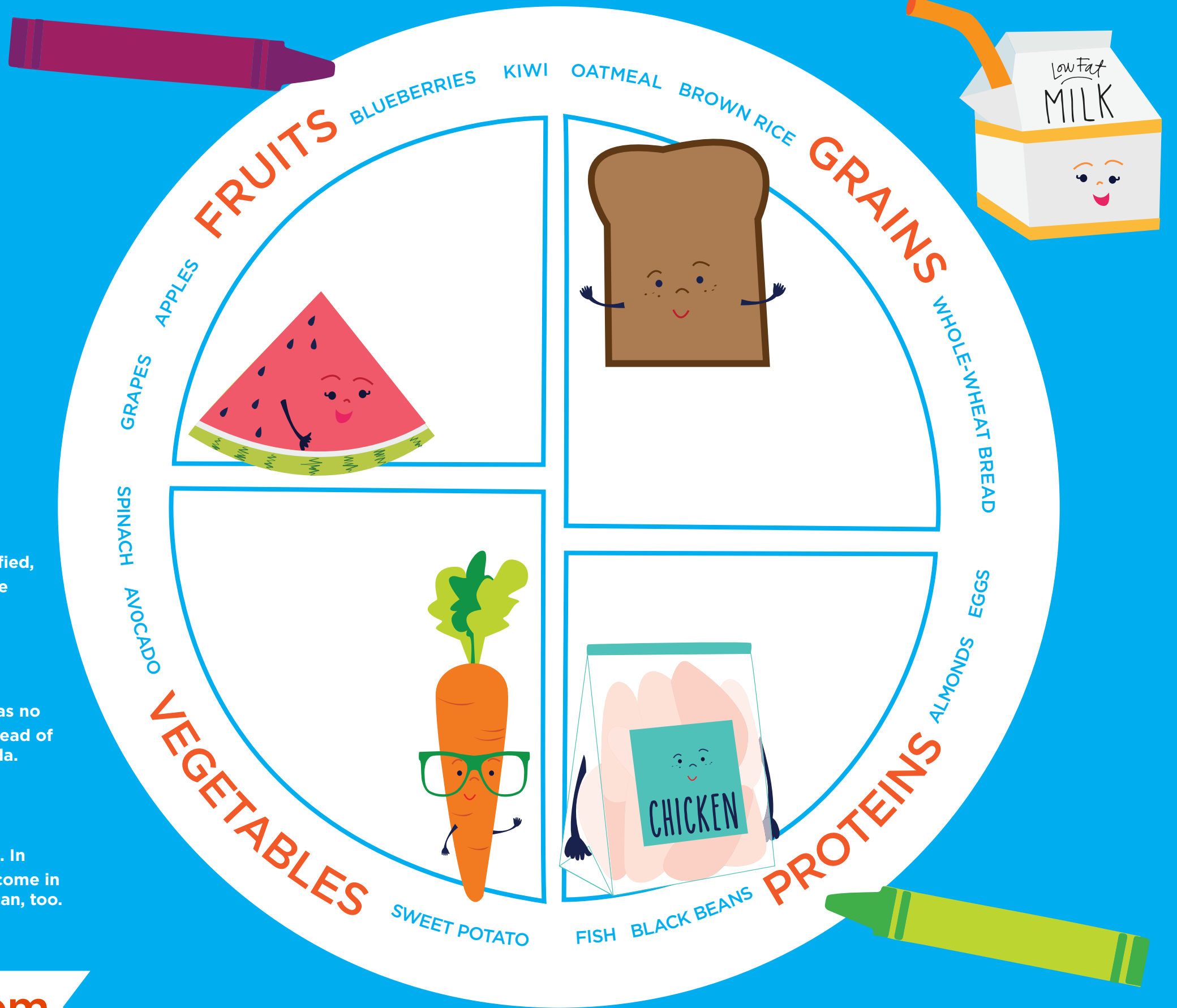
## Rethink Your Drink

Water is the best way to quench your thirst. It has no sugar, plus it's always available! Drink water instead of sports drinks, energy drinks, fruit drinks and soda.



## Eat Outside the Box

Choose whole foods instead of processed foods. In other words, choose fresh foods, not ones that come in boxes or wrappers. Eat at home as often as you can, too.



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eat better. move more. be tobacco free.



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# Build An All-Star Plate With All The Food Groups



Eating healthy gives you strength and energy to play all day!

## VEGETABLES

Vary your veggies. Make sure to have plenty of dark-green, orange and red veggies. Have a rainbow every day.

## FRUITS

Focus on fruit. Choose fresh, frozen or canned fruit.

## GRAINS

Make at least half your grains whole grains. Pick whole-wheat breads rather than white breads, and brown rice rather than white.

## PROTEIN

Go lean with protein. Have a variety of protein foods such as seafood, lean meats and poultry. Also try eggs, beans, peas, soy products and unsalted nuts and seeds.

## DAIRY

Get your calcium from low-fat or fat-free milk, yogurt and cheese. Calcium helps your bones grow strong.

# Express yourself!

Exercise is fun because

When I eat healthy, I feel

Today, I played

My favorite veggie is

My favorite outdoor activity is

The best fruit I ate today was

# Picture This!

Draw a picture of what you like to do outside.

Be sure to get your 60 minutes  
of physical activity each day!

