

Eat Smart

Snacks, breakfast, fast foods, school meals: your food choices fuel your active, changing body. For the nutrients in foods that you need to grow, have energy, and stay healthy, think about two main things: what you eat and how much.

Eat Less Often...

Fats, oils, and sweets that add extra calories and provide few nutrients or none at all (such as candy, soda, jelly, popsicles, cream cheese, butter, salad dressing).

Eat Enough...

Low-fat dairy foods for calcium and lean meats or beans for iron.

Eat More...

Fruits and vegetables than you're used to eating.

Eat Plenty...

Breads, cereals, rice, and pasta as your best foods for energy.

Adapted from *The Power of Choice Leader's Guide*

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