



Tri-Oh!

◆1◆

Try different foods for their great tastes.

You'll boost your chances of getting the many nutrients your body needs to grow and stay healthy. Try a new food today!

◆2◆

Eat all kinds of foods. Go easy on amounts.

Watch "how much" so you get enough variety without overdoing on any one food or food group. Choose mostly foods with less fat and sugar.

◆3◆

Make your food choices count over several days.

If you come up short on food-group servings one day, just make up for it the next day. Pick snacks to fill in the gaps.

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

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