






Name: _____



If you take in more calories, increase your activity.

 <p>Grains 10 servings = 10 ounces</p>	 <p>Vegetables 8 servings = 4 cups</p>	 <p>Fruits 5 servings = 2 1/2 cups</p>	 <p>Milk 3 servings = 3 cups</p>	 <p>Meat and Beans 7 servings = 7 ounces</p>
<p>Make 1/2 your grains whole grains.</p> <p>Aim for at least 5 ounces of Whole grains a day</p> <p>1 ounce = 1 cup of cereal 1 slice of bread 1/2 cup of rice/ pasta</p>	<p>Veggies are the main source of Vitamin A</p> <p>Vary your veggies and don't forget green leafy and orange vegetables like spinach, broccoli and carrots.</p>	<p>Fruits are the main source of Vitamin C</p> <p>Fruit juice can have a lot of added sugar. Choose 100% fruit juice.</p> <p>Eat a variety of fresh fruit.</p>	<p>Milk provides calcium for strong bones and teeth</p> <p>Go low-fat or fat-free when you choose milk, yogurt, or cheese.</p>	<p>Choose lean or fat free meats and poultry</p> <p>Vary your protein choose more fish and beans,</p> <p>1 ounce = 1 Tbsp peanut butter 1 egg 1/2 cup of beans</p>
<p>Find your balance between food and physical activity. Be physically active for at least 60 minutes every day, or most days.</p>			<p>Limit Fats and Sugars. Limit foods with added fats and sugars, they only add calories but no other nutrients.</p>	

Based on 3000 calories for 9 to 18 years old

This calorie level is only an estimate of your needs. Monitor your body weight to see if you need to adjust your calorie intake.

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