Eat a healthy diet | Choose My Plate.com
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Choose foods from the 5 food groups | 60 Minutes
Decrease the number of times you eat fast food | Every Day
Supersize foods = Unwanted body weight | Small changes in the foods you eat and your physical activity can help you reach a healthier weight
Drink more water and less soda | Move more (dance, walk, ride a bike, play tag)
Control the foods you eat, take part in making your meals | = A decrease risk for unwanted health diseases, and a HEALTHIER YOU!