

1

Eat foods from all food groups.¹

Use MyPlate to help you to eat a variety of foods from all food groups. Include low-fat dairy, whole grains, and colorful fruits and vegetables daily.



7 Steps to a Healthier You!

5

Our bodies need fat, but not too much.²

Try eating foods that are baked instead of fried. Replace whole-fat dairy with low-fat.

Try eating leaner meats more often, such as chicken breast or lean pork instead of



steak.

2

Cut back on the sweet stuff.²

You're already sweet enough!

Try replacing soda with low-fat milk or water. Replace cookies, candies, and cakes with fresh fruits.



6

Stick to "Handy" portion sizes.⁵

Not sure how much to eat? Use your hand as a guide when deciding how much of a certain food to eat at one meal.

3

Eat the rainbow.^{3,4}

Eating a variety of colorful fruits and vegetables helps your body to get the nutrients it needs to stay healthy and strong.



4

Keep moving.¹

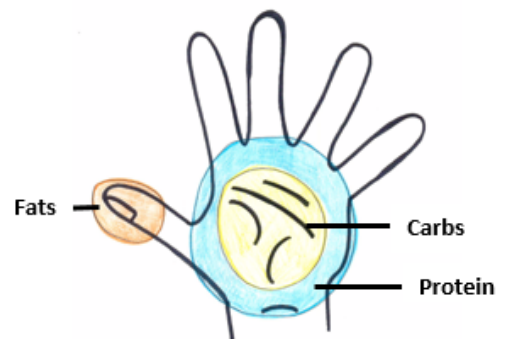
Do at least 1 hour of physical activity per day. This includes activities such as riding your bike, walking briskly, swimming and rollerblading. Don't worry, you don't have to do it all at once! Try being active for 10 minutes, 6 times per day. That's nothing!



7

Stay hydrated.²

Drink low-fat milk and water instead of soda and other sugary drinks.



Additional Resources:

www.ChooseMyPlate.gov

WHO Activity Guidelines:

www.who.int/dietphysicalactivity/factsheet_young_people/en/

USDA Teen Nutrition Programs

<https://www.nal.usda.gov/fnic/teen-nutrition>