

# TIPS FOR A HEALTH LIFE



## SERVING SIZE

HELPING HANDS TO DETERMINE  
SERVING SIZE!



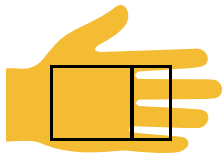
1 Cup

**1 Cup equals....**  
1 serving of Vegetables  
1 serving of Fruits  
1 serving of Rice  
8 oz of milk, juice or water  
1 oz of cereal



1/2 Cup

**1/2 Cup equals....**  
1 oz of nuts or fruit  
1 serving of pasta  
1 serving of beans or legumes  
1 serving of potatoes



3-4 oz

**3-4 oz equals...**  
1 serving of meat  
(Add the small section for fish)



1 Tbsp

1 tsp

**Use Sparingly!**  
1 tsp = 1 serving of...  
Oils and Butter  
Salad dressing  
1 Tbsp = 1 serving of...  
Peanut Butter  
Cheese



## IMPORTANT NUTRIENTS

AND WHERE TO FIND THEM

**Iron:** Dried beans, apricots, spinach, bread

**Fiber:** Wheat, raspberries, avocado

**Folate:** Dried beans, leafy greens, some cereals

**Calcium:** Soy, bread, vegetables and cheese

**Magnesium:** Nuts, potatoes, green vegetables,

**Vitamin A:** Meat, some dairy and cereals

**Vitamin B:** Dairy products, meat, nuts, seafood

**Vitamin C:** Raspberries, red peppers, cauliflower

**Vitamin D:** Fortified milk and juice, and seafood

**Vitamin E:** Nuts and sunflower seeds, vegetable

oils, whole grains and leafy greens

**Vitamin K:** Leafy green vegetables and grains

**Healthy Fats:** Fish, olive oil, avocado

## OTHER HELPFUL RESOURCES

USDA Choose MyPlate

USDHHS Girls Health

Healthy Eating on a Budget : Choose My Plate

NIH: Take Charge of Your Health: A Guide for Teenagers



## TRACKING YOUR PROGRESS

	MON	TUES	WED	THURS	FRI	SAT	SUN
FRUIT (2 CUPS)							
VEGGIES(3 CUPS)							
GRAINS (5OZ)							
PROTEIN (5OZ)							
DIARY(# OF OZ)							
WATER (# OF OZ)							
ACTIVITY (MINS)							

CALL WITH QUESTIONS OR CONCERNS



(XXX)XXX-XXXX