**TIPS FOR A HEALTH LIFE**

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### SERVING SIZE

**HELPING HANDS TO DETERMINE SERVING SIZE!**

- **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 equals...**
  - 1 oz of nuts or fruit
  - 1 serving of pasta
  - 1 serving of beans or legumes
  - 1 serving of potatoes

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

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### 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

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### 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

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### TRACKING YOUR PROGRESS

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<th></th>
<th>MON</th>
<th>TUES</th>
<th>WED</th>
<th>THURS</th>
<th>FRI</th>
<th>SAT</th>
<th>SUN</th>
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<td><strong>FRUIT (2 CUPS)</strong></td>
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<td><strong>VEGGIES (3 CUPS)</strong></td>
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<td><strong>DIARY (# OF OZ)</strong></td>
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<td><strong>WATER (# OF OZ)</strong></td>
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<td><strong>ACTIVITY (MINS)</strong></td>
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**CALL WITH QUESTIONS OR CONCERNS**  
(XXX)XXX-XXXX