

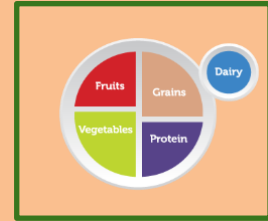
Eat Healthy, Lose Weight, Exercise, Change Your Lifestyle...

... and Have FUN While Doing It!

1

Explore and get to know the MyPlate website. ¹

- Choose meals to match the MyPlate image.
- Make sure to include all food groups on your plate, plenty of fruits and vegetables!
- It is all about balance!



2

Involve your family. ²

- Go grocery shopping together, make it a fun outing. ³
- Read food labels.
- Plan and cook fresh meals together and find recipes. ⁴
- Limit food eaten from restaurants, fast-food, etc.
- Eat regular meals and make sure to NOT skip breakfast! ⁵
- Prepare your own lunches and snacks. ^{6, 7}
- Reduce portion sizes, reduce salt and sugar, increase your daily water intake.
- If your school offers healthy governmentally funded breakfast and lunch, participate. ^{8, 9}



3

Get moving!

- ★ Make sure to get some sort of daily exercise in (taking the stairs, sports, swimming, yoga, etc.) ¹⁰
- ★ Take the stairs instead of the elevator and get involved in structured sports activities. ^{2, 10}
- ★ Involve your family or friends in your activities, such as walking. Accountability and company is very encouraging!
- ★ Change your lifestyle! Instead of watching TV, take a walk or a bike ride, join a workout class. ^{2, 10, 11}
- ★ Limit the time you watch TV and have screen time (i.e. computers, social media, video games, etc.) ESPECIALLY while you are eating. ¹¹



4

Get support!

- ❖ You are not alone. Don't feel overwhelmed. There are many resources that can help you on this road.
- ❖ If your school offers a nutrition class, sign up! ¹²
- ❖ Join support groups, as a way to get encouraged, be held accountable for, and know that you are not alone. Lots of support groups allow you to stay in contact via text, email, or phone. ^{2, 13}



Additional Resources

- <https://www.choosemyplate.gov>
- <https://www.fns.usda.gov/snap/eligible-food-items>
- <https://www.fruitsandveggiesmorematters.org/>
- <https://www.fns.usda.gov/tn/myplate-guide-school-breakfast>

- <https://www.fns.usda.gov/tn/myplate-guide-school-lunch>
- <https://www.fruitsandveggiesmorematters.org/planning-shopping/insiders-viewpoint/breakfast-family-meal/>
- <https://www.fruitsandveggiesmorematters.org/planning-shopping/insiders-viewpoint/lunchbox-checklist/>
- <https://www.fruitsandveggiesmorematters.org/5-healthy-dishes-and-snacks-kids-will-love-spring-2018/>