

**1**

## 1 fist size of 1 food



A portion size is approximately the size of a person's fist, so try to eat maximum **1** fist size of 1 food per day. Too much of 1 food may not give all the nutrients a body needs, and may give too much of one thing for the body. The exception is non-starchy vegetables (which are vegetables except potatoes, examples are lettuce or broccoli), which have a high amount of nutrients per calorie, and so you can eat more than a portion size of those healthy vegetables!

**2**

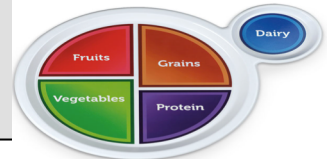
## Close 2 nature



Choose foods that are as close **2** nature and less processed as possible. Highly processed food is generally food that is made in a factory and has multiple ingredients. Less processed foods are foods that have no ingredient list (such as vegetables or rice) or less than 5 ingredients. Highly processed food usually has fewer nutrients per calorie and unhealthy chemicals added to it. For example, an apple and oatmeal is closer to nature than an apple granola bar!

**3**

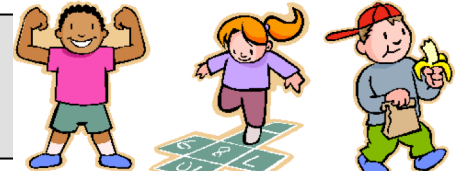
## 3 meals per day



Your body needs **3** meals a day, and it needs the right mix of foods in the right amounts to get all the nutrients it needs. Use the healthy plate or my plate guides to make good meal choices. Half the plate should be vegetables and/or fruit, ¼ the plate protein, ¼ the plate whole grains. In addition should have calcium rich food (green vegetables, non-dairy milk, dairy) 3 times a day. Also eat at home and as a family as often as possible to be healthier. Restaurant food tends to be healthier, and kids eat better when they eat with the family!

**4**

## Good 4 your body



You only get 1 body, so you have to take care of it and choose what is good **4** it! This includes eating healthy and being active. Being active means at least 1 hour of moderate to vigorous activity per day, such as walking, bicycling, and even playing tag! Also spend less than 2 hours a day in front of a screen like watching TV or playing with video games, computer, or cell phone. Screen time is time not being active and too much of it is not good 4 your body!

**5**

## 5 servings of vegetables and fruit



Your body needs vitamins found in plant foods! And vegetables and fruit have high nutrients per calorie so they are very healthy. So eat at least **5** servings a day! An easy way to remember this is to eat a fruit or vegetable with every meal and 2 snacks per day.

**6**

## Choose foods with less than 6 grams of sugar



Sugar is not a nutrient the body needs, and in higher amounts is unhealthy for the body by making fat and causing problems in the liver and brain. The recommendation is less than **6** teaspoons of added sugar a day. Food labels use grams instead of teaspoons, and 4 grams sugar=1 teaspoon sugar, so maximum amount per day equals 24 grams of added sugar. Read processed food labels carefully and choose ones with low sugar, less than **6** grams of sugar. This is added sugar, such as in drinks or processed food, not sugar found in fruit or whole foods that have nutrients with the sugar.