

Eat Well, Be Active!

Here are some of the great things that eating well and exercising regularly can do for you!

Put a check by the things that are important to you:

- grow as tall as you're supposed to be
- do better in school
- sleep better
- have more energy to do all the things I want to do



Here's what you can do to eat better!

Put a check by all the things you will try. Tell a friend or your mom or dad what you plan to do. They can help you stick to a plan.

- I will listen to my body and eat when I'm hungry and stop when I'm full.
- I will eat regularly. I will start off my day with breakfast and try to eat three meals a day, plus some nutritious snacks.
- I will try to eat many different foods from all of the food groups, including milk, cheese, fruits, vegetables, breads, cereal, rice, pasta, meats, beans and nuts.
- I will eat with my family and friends more often.
- Whether I feel sad, lonely, upset or happy, if I'm not really hungry, I'll find something else to do instead of eating.

What do you think healthy eating means?

Eating well means enjoying all kinds of foods from all of the food groups. Each food group supplies different vitamins, minerals and other nutrients that keep you healthy. Eliminate a food group and you lose those nutrients!

How much do you need?

	9-11 year-olds	12-18 year-olds
Milk	3 cups	3 cups
Vegetables	2 - 3 cups	3 - 3½ cups
Fruits	1½ - 2 cups	2 - 2½ cups
Grains	5 - 7 ounces	7-10 ounces
Meat + Beans	5 - 6 ounces	6 - 7 ounces

Move your body! Instead of watching television or playing video games, try to trade some of your free time every day to do things that get your body moving. Playing sports, dancing, riding a bike or walking to a friend's house will help keep your mind sharp and your body healthy.

HealthyEating.org



5 Easy Steps to Stronger Bones ... GO FOR IT!

Step 1

Are you eating enough bone-building foods?

Circle the calcium foods you usually eat on most days.

HIGH-CALCIUM FOODS

Portion Size: 1 cup milk, yogurt, pudding; 1½ oz. cheese

Fat-free or low-fat milk
Fat-free or low-fat yogurt
2% milk
String cheese
Cheese
Pudding or custard

MEDIUM-CALCIUM FOODS

3 medium-calcium foods =

1 high-calcium food
Portion Size: ½ cup

1/8 of a 12" pizza
Tofu (calcium-set)
Corn tortillas (2)
Broccoli
Refried beans
Almonds (1/4 cup)

Step 2

How much calcium do you need?

AGE

9-18 years

CALCIUM NEEDED

1300 mg

DAILY HIGH-CALCIUM FOODS NEEDED

3

Step 3

Are you getting enough calcium every day?

If no, see **Step 4** for ideas to boost your calcium.

Step 4

How to get more calcium, no matter how busy your lifestyle!

- * **Start your day with a healthy breakfast!** Try a breakfast smoothie using frozen fruit, yogurt and milk. Eat cereal for breakfast.
- * **Drink milk** at meals instead of soda or other empty calorie drinks.
- * **Eating at fast food restaurants?** Have cheese on your burger, chicken or fish sandwich • Opt for the salad bar and choose vegetables and beans topped with shredded cheese and almonds • A bean and cheese burrito or a couple of tacos will do the trick too!
- * **Pack some snacks** in your backpack for school and after-school activities. Take along fresh vegetables, fruit and string cheese, some almond granola or a pudding cup.
- * **Vegetarian?** Get your calcium from milk and dairy foods, dried beans, nuts and calcium-rich vegetables. How about a mozzarella cheese and roasted-vegetable pizza?

Step 5

Don't forget exercise!

Do you get 60 minutes of exercise every day, some of which is bone building? YES NO

- * Bone-building means activities that put the weight of your body on your bones. Walking, jogging, dancing, aerobics, or team sports such as soccer or basketball are good for the bones.
- * Walk or roller-blade to school instead of riding in a car. Pick up the pace when strolling through the mall. Take the stairs instead of the escalator.
- * Exercise with a friend—it's more fun and easier to stick with.

Did you reach your daily goal of 3 servings? 1300 mg or 3 servings is your daily goal.

Sounds good, but ...

What if I don't drink milk or milk products because I have trouble digesting them?

Try these tips if you have trouble digesting milk:

- * Drink milk in servings of 1 cup or less.
- * Drink with other food, such as with breakfast cereal.
- * Eat other milk products, such as hard cheeses or yogurt. These have smaller amounts of lactose.
- * Choose lactose-free milk or milk products.

