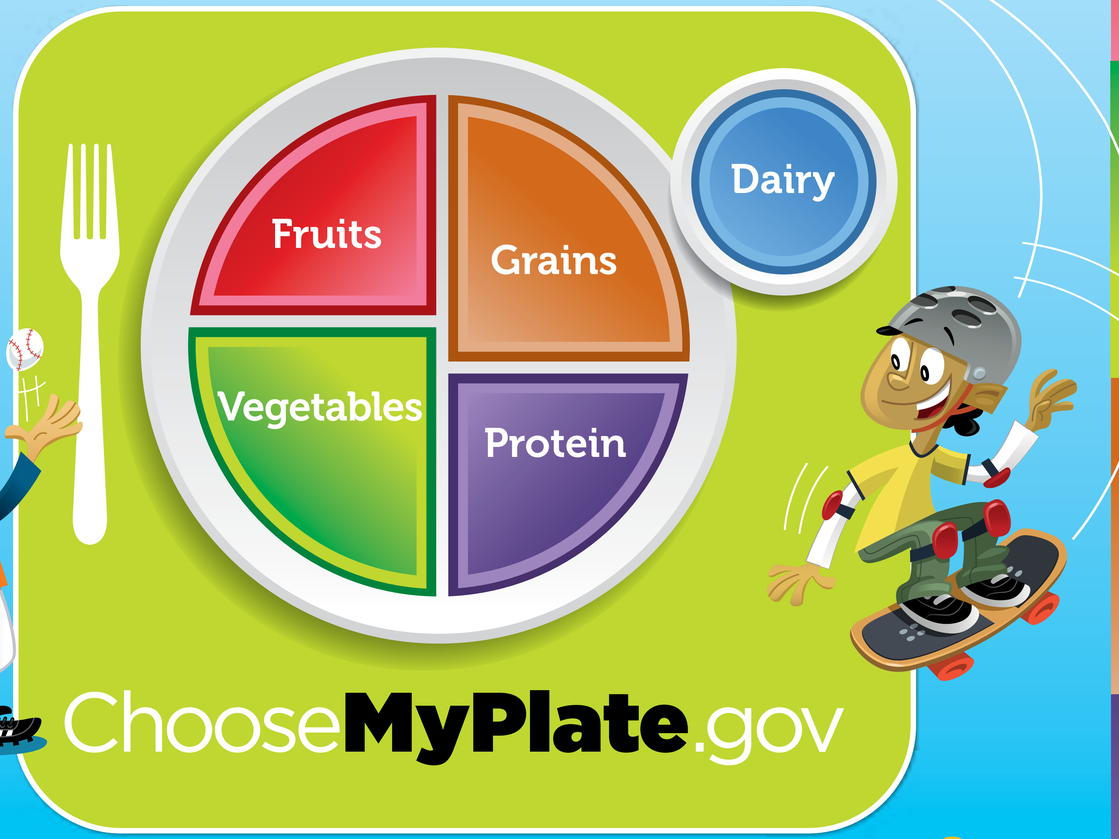
# Eat Smart To Play Hard

Use ***MyPlate*** to help you fuel up with foods from each food group.






## ChooseMyPlate.gov

## Keep on Moving!

**You need at least 60 minutes of physical activity each day. Whether that's skateboarding, tossing a ball, or playing tag, every little bit counts!**

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## FRUITS Fuel Up With Fruits at Meals or Snacks

**Oranges, pears, berries, watermelon, peaches, raisins, and applesauce (without extra sugar) are just a few of the great choices. Make sure your juice is 100% fruit juice.**

## VEGETABLES Color Your Plate With Great-Tasting Veggies

**Try to eat more dark-green, red, and orange vegetables, and beans and peas.**

## GRAINS Make at Least Half Your Grains Whole Grains

**Choose whole-grain foods, such as whole-wheat bread, oatmeal, whole-wheat tortillas, brown rice, and light popcorn, more often.**

## PROTEIN Vary Your Protein Foods

**Try fish, shellfish, beans, and peas more often. Some tasty ways include a bean burrito, hummus, veggie chili, fish taco, shrimp or tofu stir-fry, or grilled salmon.**

## DAIRY Get Your Calcium-Rich Foods

**Choose fat-free or low-fat milk, yogurt, and cheese at meals or snacks. Dairy foods contain calcium for strong bones and healthy teeth.**

## Know Your "Sometimes" Foods

**Look out for foods with added sugars or solid fats. They fill you up so that you don't have room for the foods that help you eat smart and play hard.**

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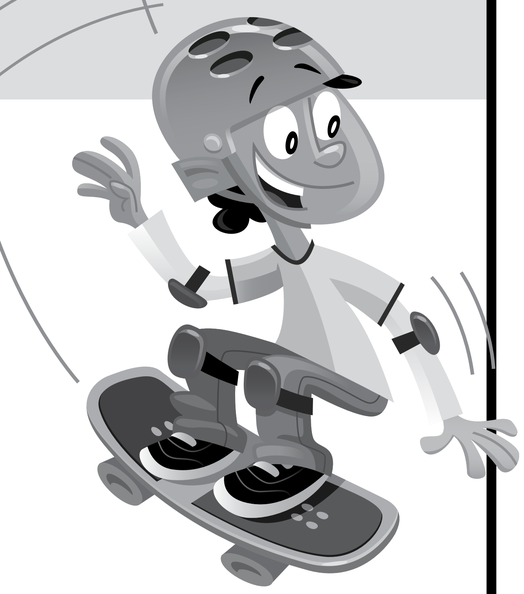

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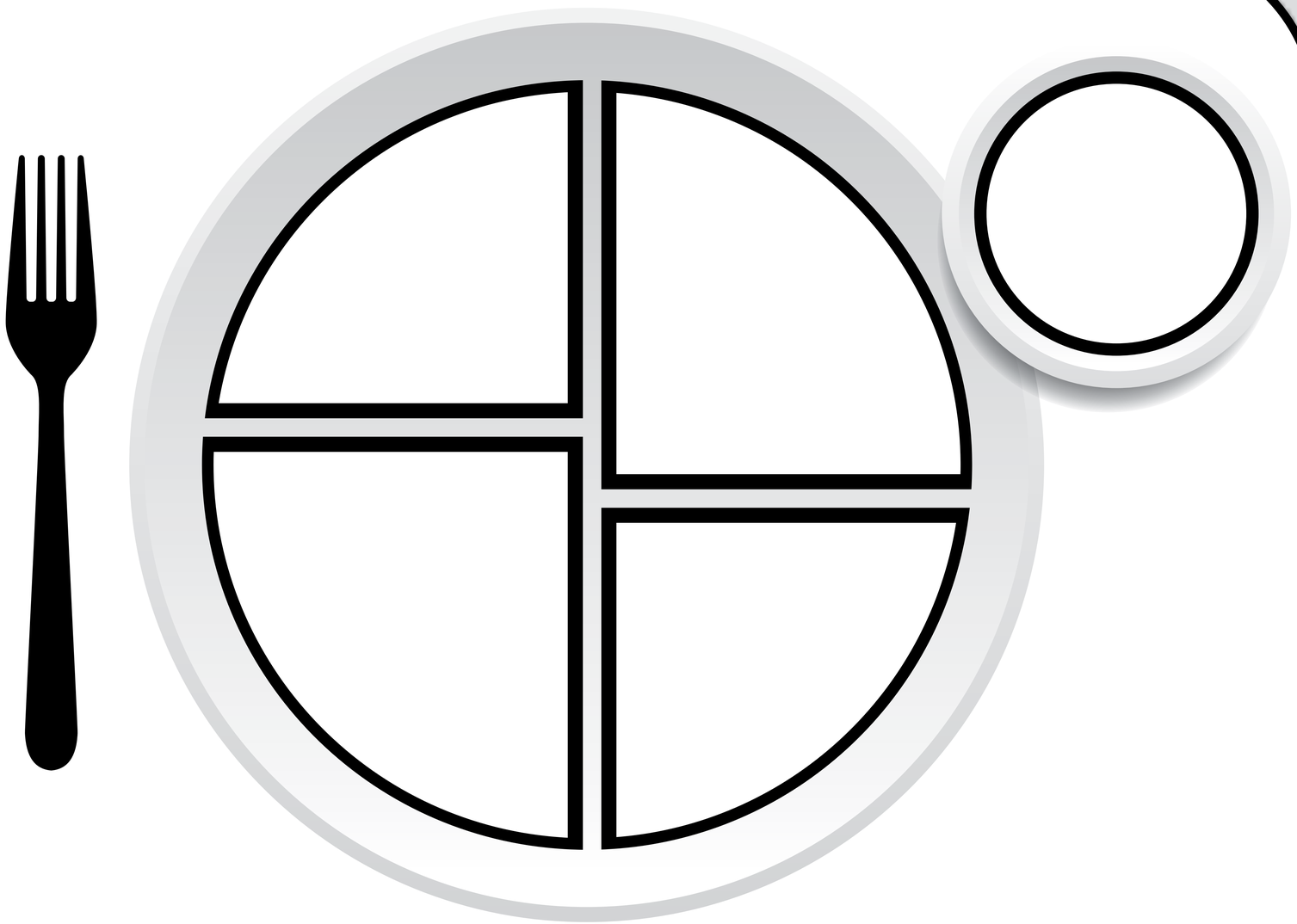

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