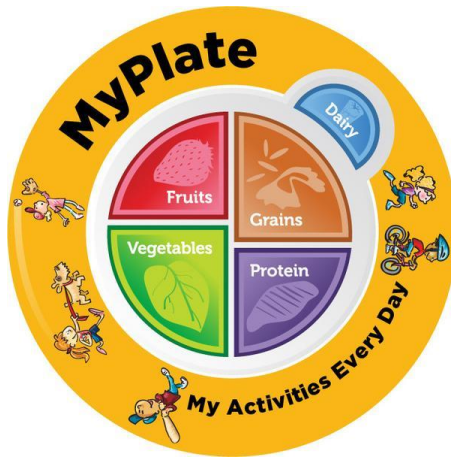


Live a Colorful, Healthy Life

Choosing nutritious foods is very important for living a happy, healthy life. Food provides energy so you can play, learn, grow, and become strong and beautiful. If you fill your body with unhealthy food, and in unbalanced portions, you can become tired, weak, unfocused, and unable to carry out all the fun activities that make life so exciting. The good news is that making the right decisions when it comes to your diet is easier and tastier than you might think.

MyPlate is one method you can use to make sure you are eating from all the food groups AND in the right amounts.



1/4 of your plate should be filled with a **PROTEIN** source like fish, eggs, meat, lentils, beans, or nuts. Protein is essential for building muscle.

1/4 of your plate should be filled with **GRAINS**. Things like bread, rice, pasta, and byrek belong in this group. Grains are made of carbohydrates which provide energy. Your muscles need them to fuel physical activity and your brain needs them to think clearly and stay focused. While carbohydrates are important, some sources are better than others. Brown bread, pasta, and rice have more nutrients and fiber in them which helps your body function at the highest level.

The **cup** on the side of your plate represents the **DAIRY** group. Foods like cheese, yogurt, and milk fall under this category and are important for their calcium content. Calcium is a mineral that helps grow strong bones and teeth.

1/2 of your plate should be filled with your favorite **FRUITS** and **VEGETABLES**. Fruits and vegetables contain fiber, vitamins, minerals, and antioxidants that improve your health and help you avoid sickness. When you choose your fruits and vegetables, remember to pick a variety. Different colored foods contain different nutrients with different benefits, all of which your body needs. So make sure you live a life and eat a diet as beautiful as a rainbow.

Tomato, strawberries, pomegranate, radishes, red peppers, red grapes, red apples, cranberries, watermelon		<input type="checkbox"/> Keeps your heart healthy and strong
Orange bell pepper, cantaloupe, carrots, pumpkin, apricots, nectarines,		<input type="checkbox"/> Keeps your eyes and skin healthy <input type="checkbox"/> Helps your body make important hormones
Corn, peaches, honeydew melon, lemons, persimmons		<input type="checkbox"/> Helps prevent sickness and cell damage
Broccoli, cabbage, spinach, green apples, avocados, zucchini, cucumbers, green grapes, leeks, lettuce, peas, kiwi		<input type="checkbox"/> Protection against some cancer <input type="checkbox"/> Prevents eye damage as you age <input type="checkbox"/> Helps prevent blood vessel damage <input type="checkbox"/> Helps prevent birth defects
Beets, purple cabbage, radishes, purple grapes, blackberries, blueberries, eggplant		<input type="checkbox"/> Helps prevent illness <input type="checkbox"/> Keeps your heart healthy
Potato, bananas, mushrooms, garlic, onions, white peaches, cauliflower		<input type="checkbox"/> Proper muscle function