Healthy Eating the MyPlate way with the Super Crew®!

**WHOLE GRAINS:**
- Play a role in maintaining a healthy weight and providing long term energy.

**Eat 5-8 ounce equivalents per day!**
- 1 slice of whole grain bread = size of a compact disk.
- ½ cup cooked rice, pasta or cereal = size of a computer mouse.

Aim to make at least 3/4 of your grains whole!
- Kira

**FRUITS & VEGETABLES:**
- Promote normal growth, faster healing as well as heart health.

**Eat 1 ½ to 3 cups of vegetables per day!**
- ½ cup raw or cooked veggies = size of a woman’s fist

**Eat 1 ½ to 2 cups of fruit servings per day!**
- 1 medium fruit = size of a tennis ball.

Color half of your plate with yummy fruits and vegetables!
- Abigail

**MILK PRODUCTS OR CALCIUM RICH FOODS**
- Help build strong bones and muscles as well as maintain healthy blood pressure.

**Eat 2-3 servings per day!**
- 2 oz. cheese = size of 3 dominos.
- 1 cup fortified soy milk, milk or yogurt = size of a baseball.
- ½ cup of raw or cooked green leafy veggies*.

Read the labels on milk products and make sure they are low-fat or fat free.
- Carlos

*SuperKids Nutrition recommends leafy greens & fortified foods as a good source of calcium in addition to dairy.

**PROTEINS:**
- Help build strong bones, muscles, cartilage, and skin.

**Eat 4-6 ounces per day!**
- 2-3 oz. cooked fish, lean poultry or lean beef = size of a deck of cards.
- 2 Tbs. peanut butter = size of a ping pong ball.

Eat lean meats, beans, and nuts that are low in saturated fat.
- Penny

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Fats and Oils:
✓ Choose healthy oils like grape seed, olive or canola
✓ Nuts, seeds, and avocados are high in monounsaturated fats which protect your heart!

Yummy & Healthy Snacks:
✓ Choose low-fat and low sugar snacks to keep your heart super strong and super healthy.

Water:
✓ Keeps your body at the right temperature.
✓ Carries important nutrients throughout your body.
✓ Removes toxins from your body.

Physical Activity:
✓ Get at least 60 minutes, or more, of physical activity each day!

Make sure you choose healthy liquid fats and not solid saturated fats.
- Marcus

I love cutting up my favorite fruits and mixing it up with assorted nuts. Yum!
- Jessie

Drink water throughout the day from your favorite water bottle.
- Baby Tom Tom

I love doing any activity that gets my body moving and heart pumping!
- Andy

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