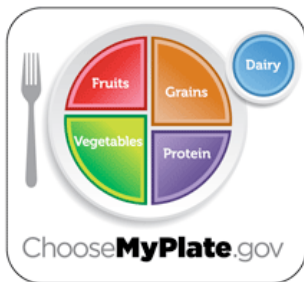







Name: \_\_\_\_\_



If you take in more calories, increase your activity.



 <b>Grains</b> 5 servings = 5 ounces	 <b>Vegetables</b> 3 servings = 1 1/2 cups	 <b>Fruits</b> 3 servings = 1 1/2 cups	 <b>Milk</b> 2 1/2 servings = 2 1/2 cups	 <b>Protein</b> 4 servings = 4 ounces
<p><b>Make 1/2 your grains whole grains.</b></p> <p>Aim for at least <b>2 1/2 ounces of Whole grains</b> a day</p> <p>1 ounce =                      1 cup of cereal                      1 slice of bread                      1/2 cup of rice/ pasta</p>	<p><b>Veggies are the main source of Vitamin A</b></p> <p>Vary your veggies and don't forget green leafy and orange vegetables like spinach, broccoli and carrots.</p>	<p><b>Fruits are the main source of Vitamin C</b></p> <p>Fruit juice can have a lot of added sugar. Choose 100% fruit juice.</p> <p>Eat a variety of fresh fruit.</p>	<p><b>Milk provides calcium for strong bones and teeth</b></p> <p>Go low-fat or fat-free when you choose milk, yogurt, or cheese.</p>	<p><b>Choose lean or fat free meats and poultry</b></p> <p>Vary your protein choose more fish and beans,</p> <p>1 ounce =                      1 Tbsp peanut butter                      1 egg                      1/2 cup of beans</p>
<p>Find your balance between food and physical activity.                      Be physically active for at least <b>60 minutes every day</b>, or most days.</p>			<p><b>Limit Fats and Sugars.</b>                      Limit foods with added fats and sugars, they only add calories but no other nutrients.</p>	

Based on 1400 calories for 4 to 8 years old

This calorie level is only an estimate of your needs. Monitor your body weight to see if you need to adjust your calorie intake.

[www.nourishinteractive.com](http://www.nourishinteractive.com)

