





## Add whole grains and lean protein for energy so you can go, go, go!





Skip the sugar and the junk food. Choose healthy snacks instead!

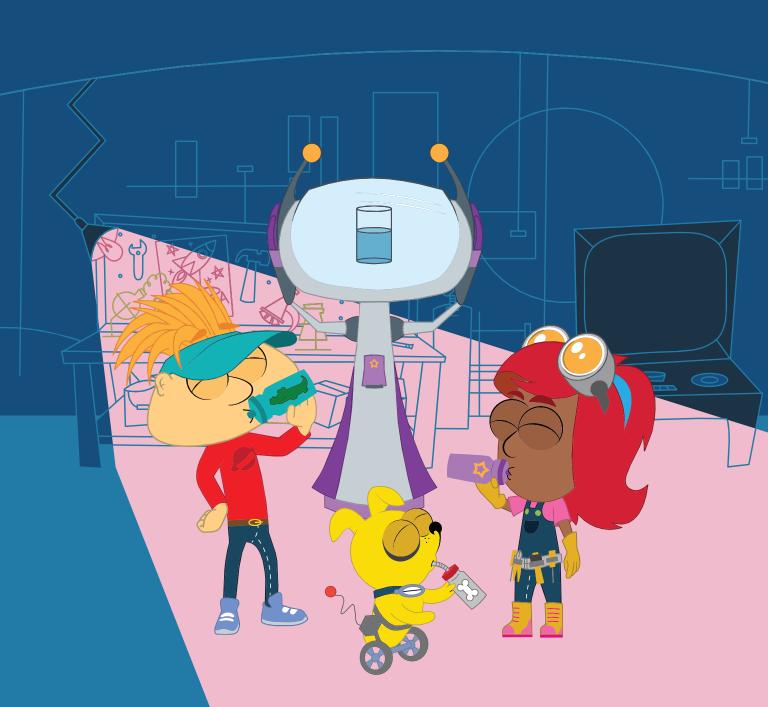
## Like bananas, yogurt and carrots or peppers that are yellow, orange or red!





And when you're feeling thirsty, put down the sugary drinks.

## Water is the best drink choice no matter what anyone may think!



Remember to fill up on oranges, apples, broccoli and more. By using these tips and tricks, you'll stay healthy for sure!

