

Hey kids! Want to grow up healthy and strong?  
Then follow these tips and you can't go wrong!



**Fill half your plate with fruits and veggies.  
They have vitamins that help you grow!**



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!

