**BE AWARE**

**WHY IS HEALTH IMPORTANT?**
- The habits you lean today will stick with you when you are an adult!
- Eating healthy and being physically active can prevent serious illness in the future!

**WHAT SHOULD YOU KNOW ABOUT HEALTHY EATING?**

- **“Empty calories”**
  - These are foods that offer very few vitamins or minerals per calorie. You want to consume as few “empty calorie” foods as possible.

- **Added sugar!**
  - Try to limit soda! If you must drink it, drink diet soda.
  - To find out if your food has added sugar, look on the ingredients list for “sugar” or "high fructose corn syrup."

- **Drink 8 cups of water a day! Why?**
  - Water keeps you hydrated which makes your body systems work the best!
  - Skin problems? Hydrated skin is healthy skin!

**EAT ALL FORMS**

- All forms count—fresh, frozen, canned, dried, and 100% juice!

**What’s so beneficial about fruits and veggies?**
- Antioxidants in fruits and veggies protect your body from diseases and illnesses.
- Fruits and veggies contain nutrients that provide lots of vitamins.

**BODY IMAGE**

Changes in our physical traits are natural and beyond our control. We need to focus on accepting others and ourselves and being the best that we can be! Love and respect who you are because there is only one unique you!

**How fruits and veggies can help:**
- Contain vitamins and minerals that your body needs to grow!
- Provide a healthy snack option that helps to maintain weight!
- Made up of water which keeps your skin hydrated and healthy!
OPERATE A SUCCESSFUL DAY

Breakfast is the most important meal of the day! Eating a nutritious breakfast rich in fruits, vegetables, lean protein (such as eggs), and whole grains sets a healthy tone for the day. Start your day off with a complete breakfast—including fruits and veggies!

A nutritious breakfast:
• Gives you energy!
• Helps your focus (because you’re not listening to your grumbling stomach)!
• Promotes a full day of eating healthy!

How can you increase your consumption?
• Choose to eat at the salad bar a few times per week. (If your school doesn’t have one, contact your school fundraising team to brainstorm ways to get one.)
• Pack a bag of fruits and veggies for after-school snacks.
• Order fruits and vegetables as side dishes or put on top of your sandwiches when you’re eating out with friends.
• Add a whole bunch of fruit to your sundaes instead of hot fudge, caramel or other high fat/sugar toppings.
• Grab 100% juice instead of soda and other sweetened drinks.

LOAD UP ON COLORS

Eat a colorful variety of fruits and veggies each day!
• Red—apples, cherries, cranberries, red onion, beets & tomatoes!
• Green—avocado, kiwifruit, green beans, broccoli & celery!
• Purple/Blue—blueberries, plums, raisins, black beans, eggplant & purple cabbage!
• Yellow/Orange—apricot, lemon, tangerines, butternut squash & carrots!
• Brown/Tan/White—bananas, mushrooms, artichokes, garlic & chick peas!

Note: Each color group includes many different fruits and veggies . . . many more than what are listed. Enjoy!

DAILY RECOMMENDATIONS: Ages 9-13

HOW MANY CUPS DO YOU NEED?

<table>
<thead>
<tr>
<th>Activity Level</th>
<th>Fruits</th>
<th>Veggies</th>
<th>Fruits</th>
<th>Veggies</th>
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<tr>
<td>Less Active</td>
<td>1½</td>
<td>2</td>
<td>1½</td>
<td>2½</td>
</tr>
<tr>
<td>Moderately Active</td>
<td>1½</td>
<td>2½</td>
<td>1½</td>
<td>3</td>
</tr>
<tr>
<td>Active</td>
<td>1½</td>
<td>3</td>
<td>2</td>
<td>3½</td>
</tr>
</tbody>
</table>

HOW MUCH PHYSICAL ACTIVITY DO YOU NEED?

Recommendation: Shoot for 60 minutes each day!

<table>
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<tr>
<th>Activity</th>
<th>Calories per hour</th>
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</thead>
<tbody>
<tr>
<td>Watching TV</td>
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</tr>
<tr>
<td>Playing Soccer (competitive)</td>
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<tr>
<td>Playing Field Hockey</td>
<td>435</td>
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<tr>
<td>Socializing</td>
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<tr>
<td>Doing Homework</td>
<td>100</td>
</tr>
<tr>
<td>Track Practice</td>
<td>545</td>
</tr>
<tr>
<td>Playing Football (Tackle)</td>
<td>500</td>
</tr>
</tbody>
</table>

Half-the-Plate Concept

Making fruits and vegetables the focal point of every meal will help you meet your recommended amount each day—and you won’t have to do all the math!

So . . . Keep It Simple. Fill half your plate with colorful fruits and vegetables at every meal and snack occasion!