

What are some healthy eating tips you can follow?

- ★ Take your time when you eat. Wait 15 minutes before eating second helpings. It takes about that amount of time for your stomach to tell your brain that you are full.
- ★ Eat the right amounts of food. Follow the Healthy Food Guide.
- ★ Don't skip meals. For breakfast, try a couple of slices of whole grain toast with a tablespoon of peanut butter, or a hard-boiled egg, or a piece of low-fat cheese.
- ★ Pack a lunch of healthy foods. Make a sandwich with turkey or lean beef. Use mustard or a little low-fat mayonnaise. Add fruit instead of chips.

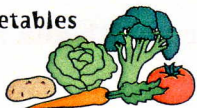
- ★ Choose healthy snacks such as a small bowl of cereal with nonfat or low-fat milk or a piece of fruit.
- ★ When eating out, order kid-sized meals and drink water, nonfat or low-fat milk, or diet soda. Split a larger meal with a friend.
- ★ Fill up half of your plate with salad or vegetables. Use small amounts of margarine or salad dressing.
- ★ Ask if you can help plan or make family meals sometimes to learn more about healthy eating.

What should you eat?

Use the Healthy Food Guide below to make healthy choices. The amounts to eat will vary for different foods but these will give you an idea of the right amounts for most kids aged 9 to 13. If you are older than 13, go to www.mypyramid.gov to find the right amounts for you.

Your Healthy Food Guide

Vegetables



AIM FOR 2 to 2½ cups a day. Here are choices that equal 1 cup:

- 1 cup cut up cooked or raw vegetables
- 2 cups leafy salad greens
- 1 cup vegetable juice

Choose dark green and orange vegetables as often as you can.

AIM FOR 1½ cups a day. Here are choices that equal 1 cup:

- 1 cup cut up raw or cooked fruit
- 1 cup fruit juice
- 1/2 cup dried fruit

Choose fresh whole fruits as often as you can.

AIM FOR 5 ounces a day. Here are choices that equal 1 ounce:

- 1 ounce lean meat, fish, or chicken
- 1 egg
- 1 tablespoon peanut butter



Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts

- 1/4 cup cooked dry peas or beans such as kidney, white, split, or blackeye
- 1/4 cup tofu
- 1/2 ounce nuts

If you choose to eat these foods, have a very small amount and not every day.

Soda Pop, Candy, Cookies, and Desserts



Milk, Yogurt, and Cheese



AIM FOR 3 cups a day. Here are choices that equal 1 cup:

- 1 cup nonfat or low-fat milk or yogurt
- 1½ ounces cheese

AIM FOR 5 to 6 ounces a day. Here are choices that equal one ounce:

- 1/2 cup of cooked cereal
- 1/2 cup cooked rice or pasta
- 1 cup ready-to-eat cereal
- 1 slice of whole grain bread
- 1/2 small bagel or 1 small muffin

Choose whole grain foods for at least 3 of your 6 choices.

Breads, Cereals, Rice, and Pasta



One serving is

- 1 teaspoon vegetable, olive, or canola oil
- 1 teaspoon tub margarine
- 5 large olives or 1/8 avocado
- 1 tablespoon low-fat mayonnaise
- 2 tablespoons low-fat salad dressing

Heart-healthy Fats



How much should you eat?

You get most of the fat your body needs from other foods you eat—so choose only a few extra servings of these heart-healthy fats each day.