



# Healthy Eating the MyPlate way with the Super Crew®!

## WHOLE GRAINS:

- ✓ Play a role in maintaining a healthy weight and providing long term energy.

**Eat 5-8 ounce equivalents per day!**

- 1 slice of whole grain bread = size of a compact disk. 
- ½ cup cooked rice , pasta or cereal = size of a computer mouse. 



Aim to make at least 3/4 of your grains whole!

- Kira


## FRUITS& VEGETABLES:

- ✓ Promote normal growth, faster healing as well as heart health.

**Eat 1 ½ to 3 cups of vegetables per day!**

- ½ cup raw or cooked veggies =size of a woman's fist

**Eat 1 ½ to 2 cups of fruit servings per day!**

- 1 medium fruit = size of a tennis ball. 





Color half of your plate with yummy fruits and vegetables!

- Abigail

## MILK PRODUCTS OR CALCIUM RICH FOODS

- ✓ Help build strong bones and muscles as well as maintain healthy blood pressure.

**Eat 2-3 servings per day!**

- 2 oz. cheese = size of 3 dominos. 
- 1 cup fortified soy milk, milk or yogurt = size of a baseball. 
- ½ cup of raw or cooked green leafy veggies\*.




Read the labels on milk products and make sure they are low-fat or fat free.


- Carlos

## PROTEINS:

- ✓ Help build strong bones, muscles, cartilage, and skin.

**Eat 4-6 ounces per day!**

- 2-3 oz. cooked fish, lean poultry or lean beef = size of a deck of cards. 

- 2 Tbs. peanut butter = size of a ping pong ball. 



Eat lean meats, beans, and nuts that are low in saturated fat.

- Penny

\*SuperKids Nutrition recommends leafy greens & fortified foods as a good source of calcium in addition to dairy.



## Healthy Eating the MyPlate way with the Super Crew®!



### FATS AND OILS:

- ✓ Choose healthy oils like grape seed, olive or canola
- ✓ Nuts, seeds, and avocados are high in monounsaturated fats which protect your heart!



Make sure you choose healthy liquid fats and not solid saturated fats.

- Marcus

### Yummy & Healthy Snacks:

- ✓ Choose low-fat and low sugar snacks to keep your heart super strong and super healthy.



I love cutting up my favorite fruits and mixing it up with assorted nuts. Yum!

- Jessie

### Water:

- ✓ Keeps your body at the right temperature.
- ✓ Carries important nutrients throughout your body.
- ✓ Removes toxins from your body.



Drink water throughout the day from your favorite water bottle.

- Baby Tom Tom

### Physical Activity:

- ✓ Get at least 60 minutes, or more, of physical activity each day!



I love doing any activity that gets my body moving and heart pumping!

- Andy