



Eating Healthy

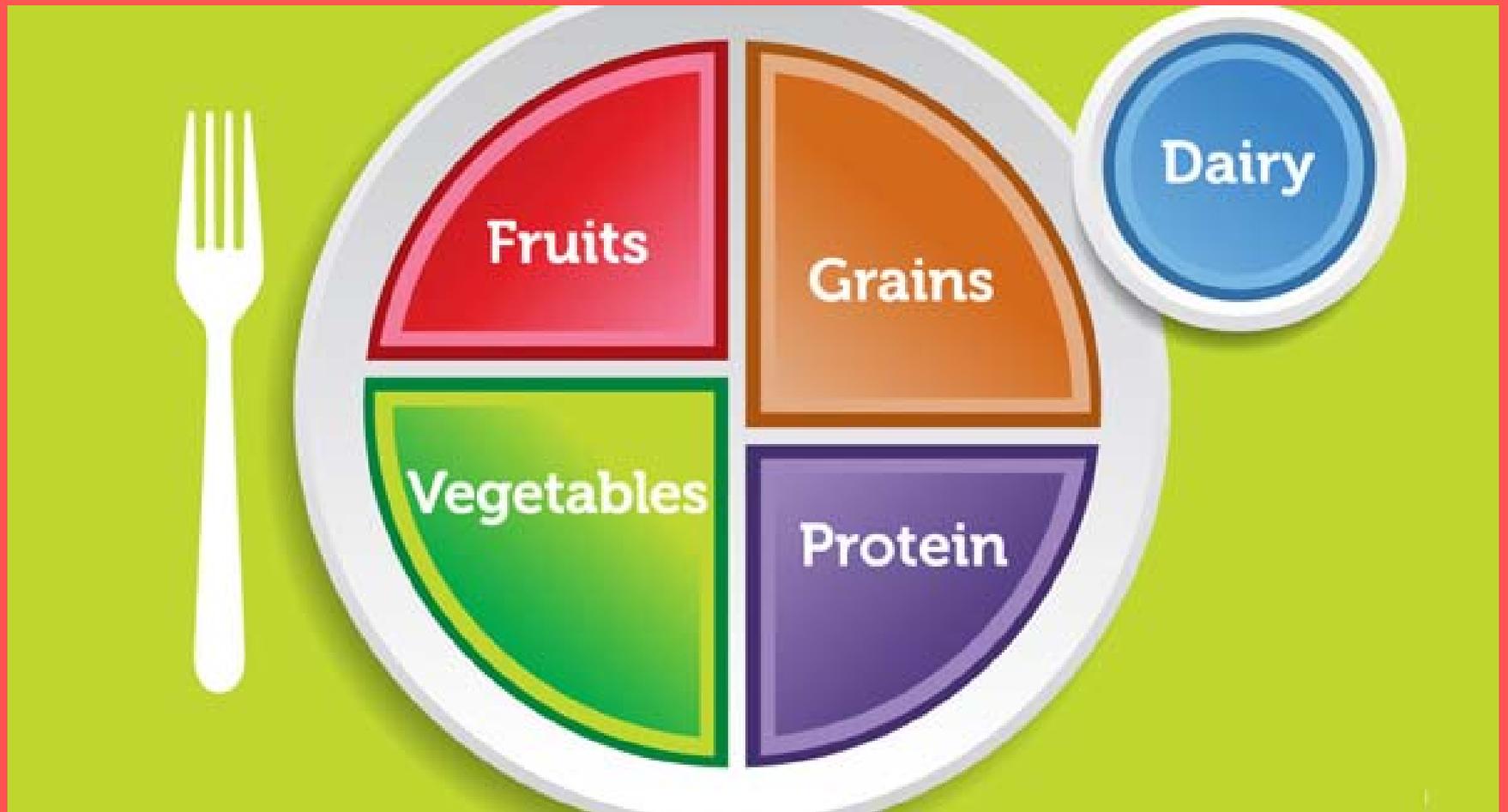
A Look at My Plate

Presented by

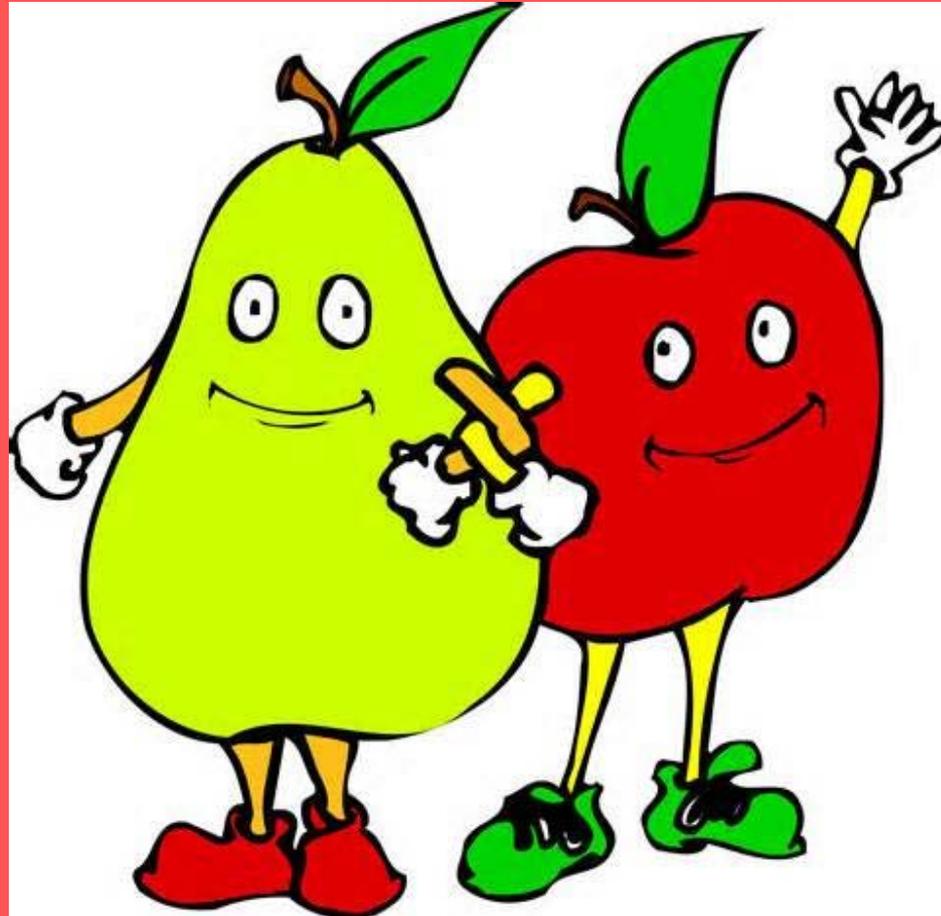
Christine Mancini RN

Cambridge College

My Plate



FRUITS





VEGETABLES

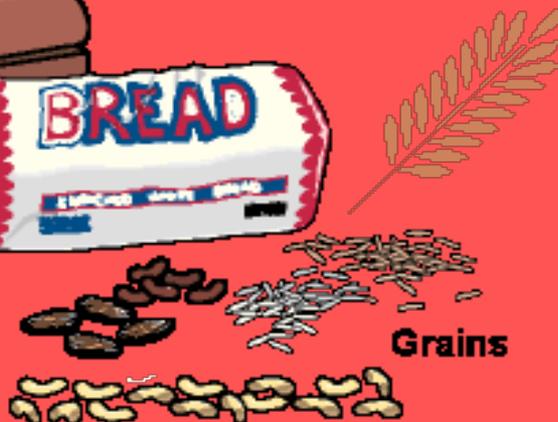


GRAINS

Breads



Grains



Crackers



Pancakes



Pretzels



Muffins



Cereals



Rice



Pasta





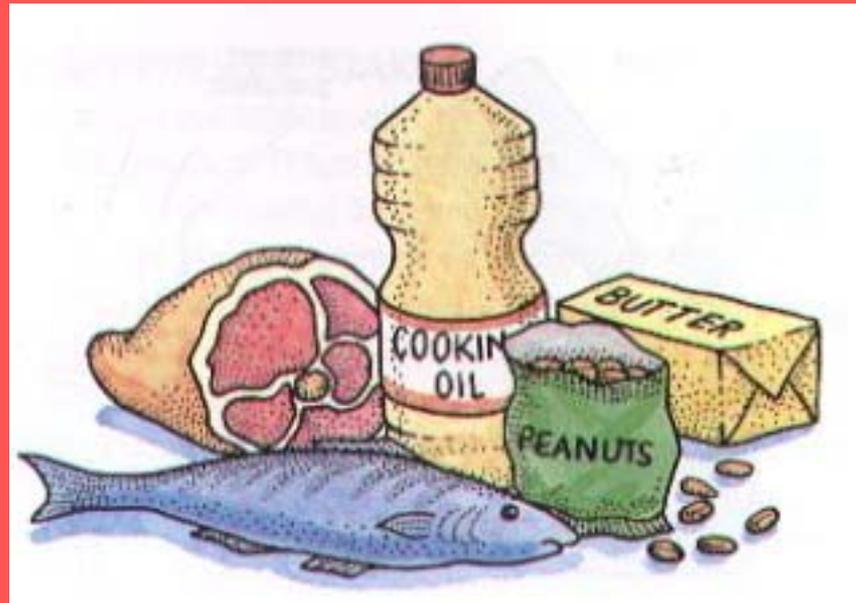
PROTEIN



DAIRY



OILS





SO WHY SHOULD I EAT HEALTHY ?



WHAT ABOUT SNACKS?



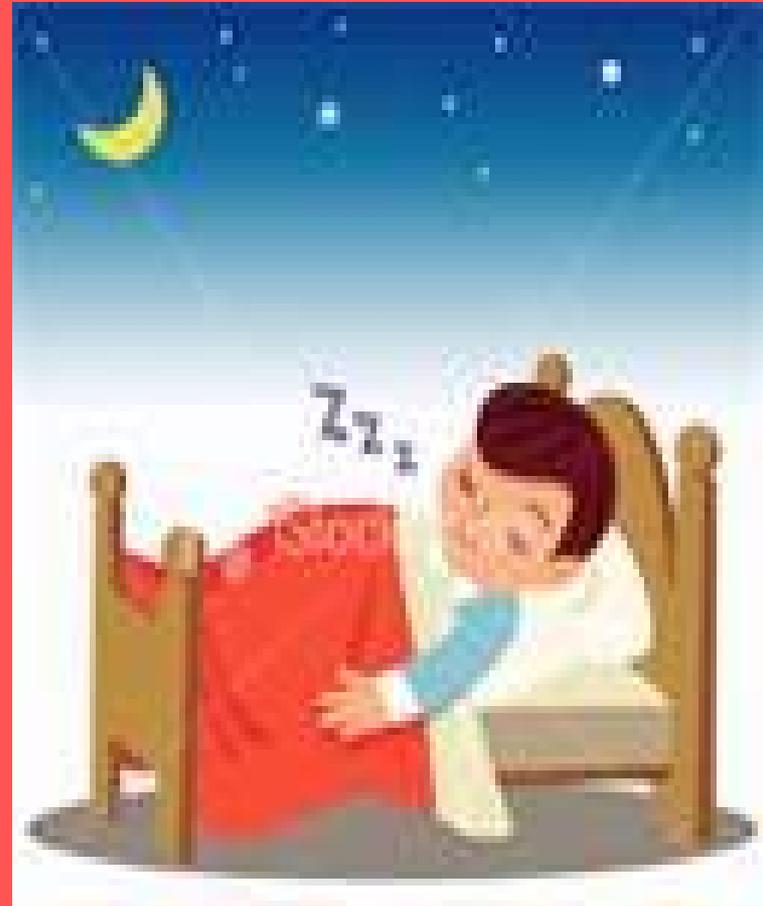
TIPS

- Eat foods from every group every day
- Choose healthy foods from each category
- Limit snacks
- Try a food you never had, you might find you really like it
- Help mom pack your snack and lunch for school, choose foods that are good for you
- Eat healthy everyday, your body will be happy, and so will you

WHAT ELSE CAN YOU DO TO STAY HEALTHY?



Drink Water



Get Plenty of Sleep



Exercise



Do Something Fun

DON'T FORGET TO RELAX



Thank You

<http://www.choosemyplate.gov/>

