



# Eating Healthy

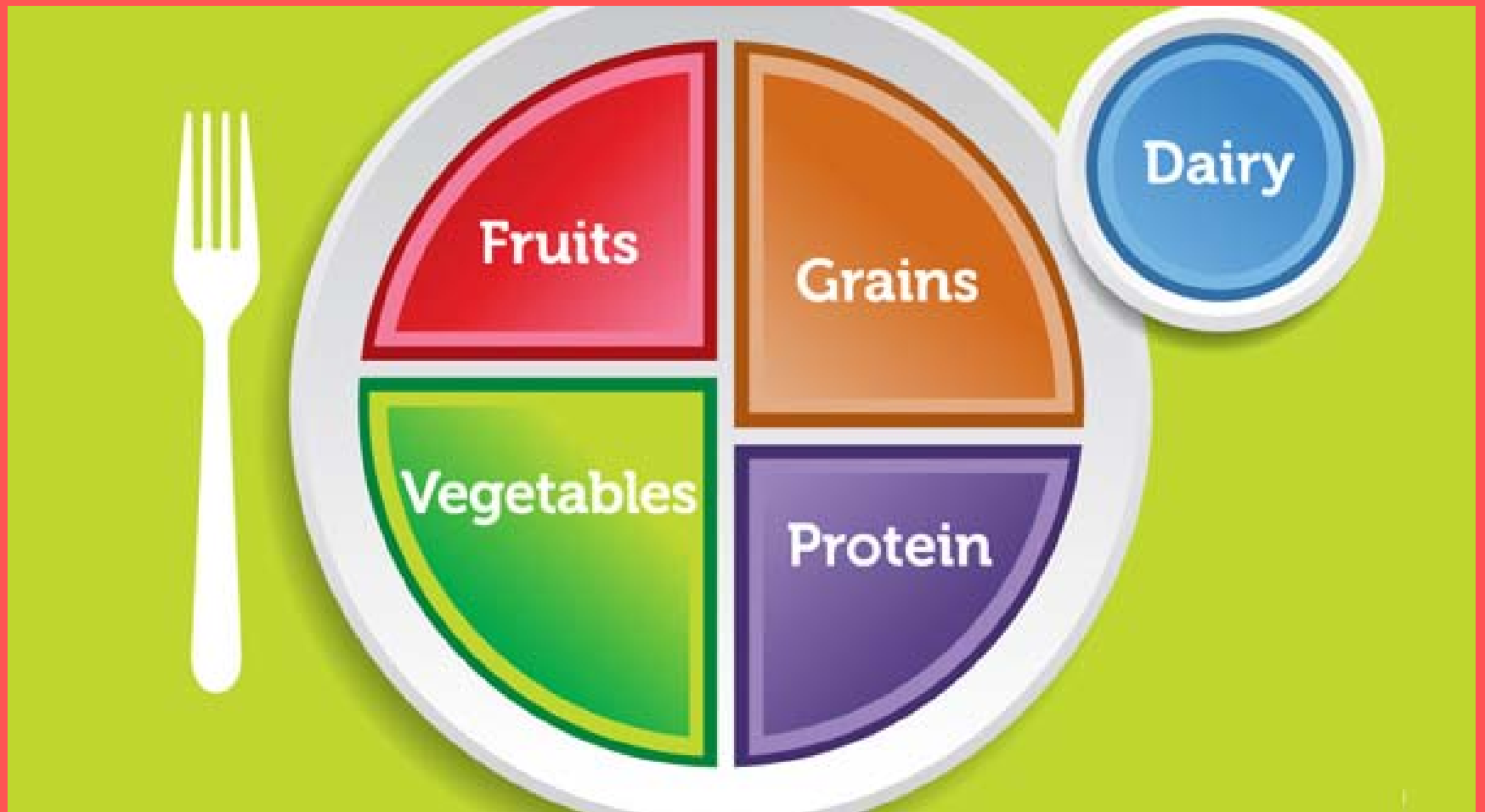
A Look at My Plate

Presented by

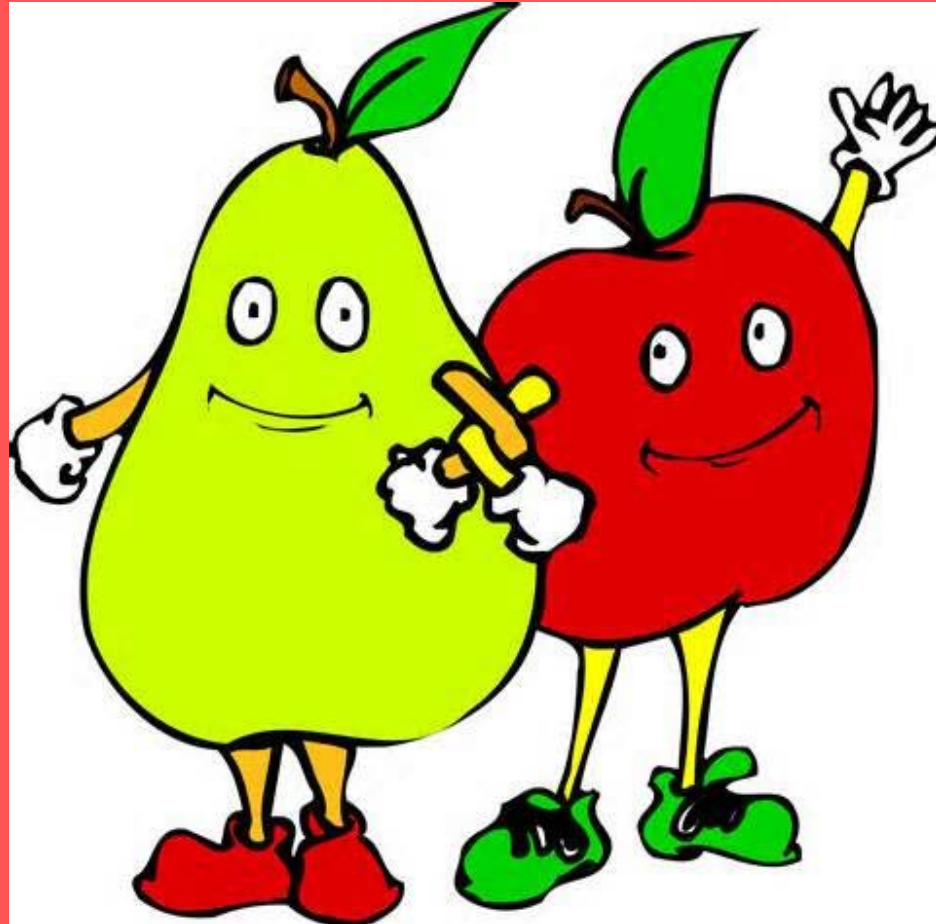
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# My Plate



# FRUITS



# VEGETABLES



# GRAINS

**Breads**



**Grains**



**Crackers**



**Pancakes**



**Pretzels**



**Muffins**



**Cereals**



**Pasta**



**Rice**





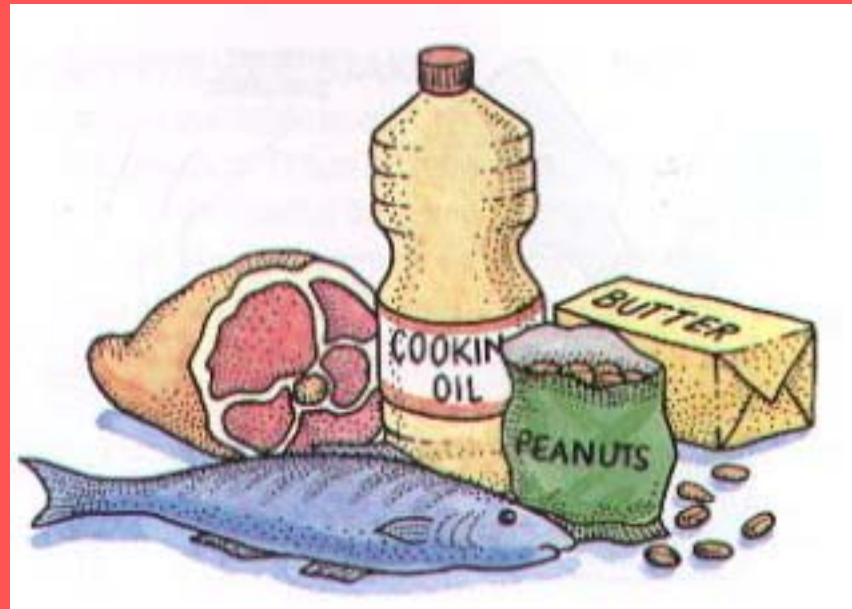
# PROTEIN



# 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/>

