

make your mark **On** Healthy Eating **live On**

What is healthy eating?

Healthy eating means eating foods that give your body the nutrients it needs to stay strong. Healthy foods are fresh fruits and vegetables, whole wheat breads, rice, and oatmeal, and lean proteins like chicken, turkey, fish, eggs, beans, and low-fat dairy. It is also important to stay hydrated by drinking lots of water.

Who eats healthy?

Meet Jenny Lee. Growing up in Maine, she helped her grandparents in their vegetable garden. She loved to pull the carrots out of the ground. To her, nothing was better than crunching into a fresh carrot! Now she is a nutritionist and teaches people how to eat healthy.

What is junk food?

Junk foods don't give your body any nutrients, lasting energy, or brain power. Sodas, chips, cookies, and candy are all types of junk food. They are not healthy and should only be eaten once in a while.

How do I eat healthy?



- Eat fresh fruits, veggies, a whole grain, and a lean [low in fat] protein at every meal.
- Eat breakfast! It gives your body the energy it needs to start moving and gets your brain ready to learn.
- Eat snacks that will keep your body and brain pumped up with nutrients. Junk food will make you tired and cranky.
- Eat the rainbow! Eat a fruit or veggie of each color every day:
 - Blue or Purple,
 - Green,
 - White or Brown,
 - Red, and
 - Yellow or Orange.

What are nutrients?

Nutrients keep your body going. They are: vitamins, minerals, protein, fiber and sources of energy.

How to grow a garden

- Buy seeds for herbs, cucumbers, tomatoes, beans, or peas.
- Plant the seeds indoors in empty yogurt containers filled with potting soil.
- Once they sprout, place the plants in your outdoor garden.
- You can use a small area of ground or plating pots that get at least 5 hours of sun a day.



How can you help?

Share this fact sheet with family and friends.

Bring a "rainbow" of fruits and veggies to a soup kitchen.

Distribute healthy breakfasts in your school or community.

Start a community garden.

