

Eat It!



It's important to know how to make healthy choices within each food group and get the right amount of foods from each group. This "plate" is a representation of how much of the food you eat everyday should come from the various groups.

Veg out on vegetables

They are an excellent source of vitamins, minerals and fiber. Eat 2-2½ cups every day.

Fruit-a-licious

Like vegetables, fruits are a good source of vitamins, minerals and fiber. Fruits are also a great way to satisfy a sweet tooth. Eat 2 cups every day.

Dairy products

Milk, yogurt and cheese are an important source of calcium, which keeps your bones strong. Make sure to pick fat-free or low-fat dairy products. Eat 3 cups every day.

Great grains

Choose whole grain or whole-wheat products. They have more fiber than white flour products (like white bread) and white rice. Eat 6-7 ounces every day.

Meet the meats

Meat, skinless poultry and fish are great sources of protein, which gives you energy. Pick lean meats to help you avoid getting too much fat. Eat 3-6 ounces every day.

Fats, oils and sweets should be limited as much as possible!



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