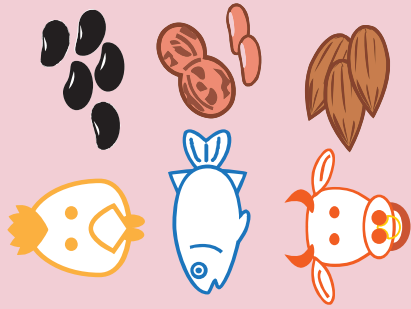


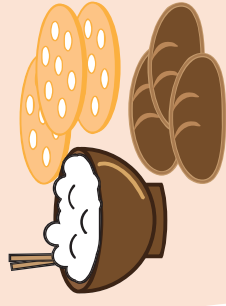
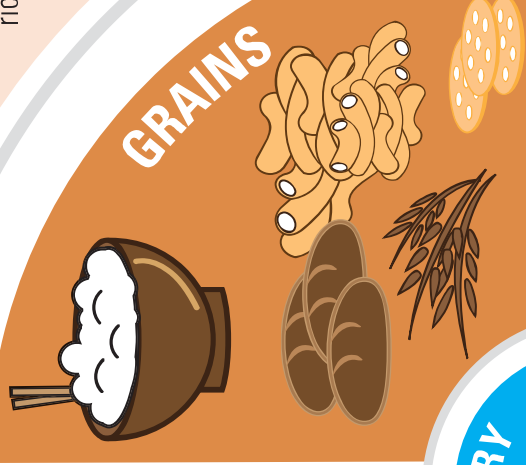
MEATS AND BEANS

- Make your muscles and body strong.
- Try to eat a variety of foods from this group: meat, fish, eggs, and beans.



GRAINS

- Give your body energy.
- Instead of only eating white bread, white rice, and regular pasta, try to get half your grains each day from whole grains. Whole grains are usually brown in color and have more vitamins.



DAIRY

- Keeps your bones and teeth strong.
- It is shown as a circle in the middle of your plate to remind you it can be added to other food groups in your meal.



FRUITS AND VEGETABLES



Fruits and Vegetables

- Have a lot of nutrients that keep you healthy which is why they take up half of your plate.
- Eat a variety of colors each day!



*Oils are only needed in small amounts and are often added during cooking.

Oil

TRACK YOUR SUCCESS

WHAT DID YOU DO TODAY?

- Mark each way you chose to be healthy.
- Use the two blank boxes to track other ways you chose to be healthy.

#1. Be more active

Try to exercise at least 30 minutes a day. Play a game outside instead of watching TV.



2. Eat more fruits and vegetables

Eat at least 5 a day. Eat fruits and vegetables for a snack instead of junk food.



3. Drink more water

Carry a water bottle throughout the day. Drink water instead of soda.



For more ideas on how to become a healthier athlete, look at the TRAIN Performance Nutrition and exercise guide books.



Special Olympics

TRAIN

TODAY I CHOSE TO	SUN	MON	TUES	WED	THUR	FRI	SAT
Be More Active							
Eat More Fruits and Vegetables							
Drink more water							