NUTRITION FOR KIDS

If you want to be HEALTHY and have the energy for all your favorite games
and activities, then you need to eat food that is GOOD for you.

DOES IT HAVE NUTRIENTS?

We need nutrients to survive. Vitamins and minerals
are both nutrients and both are key to growing up
strong and healthy. Foods like FRUITS, VEGETABLES,
WHOLE GRAINS, LEAN PROTEIN, and low-fat DAIRY
are all chock-full of nutrients.

## DOES IT HAVE FIBER?

Fiber is in FRUITS and VEGETABLES, as well as
many WHOLE GRAINS. It makes you feel full and
helps your digestive system work normally.
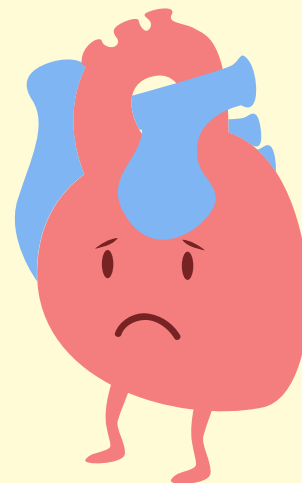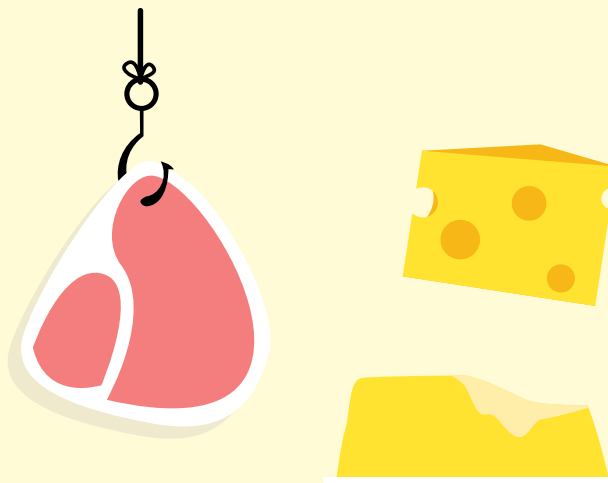
Nothing

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Nada

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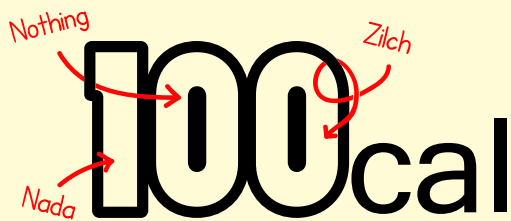
DOES IT SKIP AN EXCESSIVE AMOUNT OF EMPTY CALORIES?

Some foods aren't helpful when it comes to growing
up healthy. Skip "empty calories." Empty calories
are calories that don't have any nutrients.
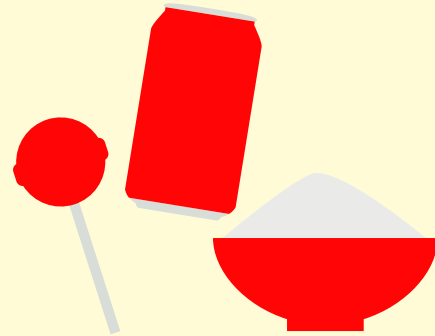
LIMIT THE AMOUNT OF SUGAR YOU EAT AND DRINK

Sugar is jam-packed with empty calories, So leave
room in your diet for foods that help you grow healthy.

Another item to limit is saturated fat. Saturated fat is hard on your heart.
You'll find it in animal products like butter, cheese and fatty meats and it is often solid at room temperature.