What's the Right Amount of Food for Me?

**Grains**
- Make half your grains whole.
- Start smart with breakfast. Look for whole-grain cereals.
- Just because bread is brown doesn’t mean it’s whole-grain. Search the ingredients list to make sure the first word is “whole” (like “whole wheat”).

**Vegetables**
- Vary your veggies.
- Color your plate with all kinds of great tasting veggies. Eat local if you can.
- What’s green and orange and tastes good? Veggies! Go dark green with broccoli and spinach or try orange ones like carrots and sweet potatoes.

**Fruits**
- Focus on fruits.
- Fruits are nature’s treats - sweet and delicious. Go easy on juice and make sure it’s 100%. Eat local if and when possible.

**Nut Milks + (Fortified)**
- Get your calcium-rich foods.
- Move to this group to get your sources of calcium and Vitamin D. Make sure nut milks are fortified. Kale and dark leafy greens are also a good source of calcium.

**Nuts & Beans**
- Go lean with protein.
- It’s nutty, but true. Nuts, seeds, peas and beans are all great sources of protein, too. Together with whole grains, they form complete proteins.

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**Calories**

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**Oils**
- Oils are not a food group, but you need some for good health. Get your oils from flax, nuts, and liquid oils such as canola oil, soybean oil, and olive oil.

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**Find your balance between food and fun**
- Move more. Aim for at least 60 minutes every day, or most days.
- Walk, dance, bike, rollerblade – it all counts. How great is that?

**Recommended Sodium Intake:** Average 1,500 - 2,400 mg daily
**CAUTION:** No more than 2,400 mg = approx. 1 teaspoon daily

For more information on what’s right for you go to www.zip4tweens.com and click on Calculation Station. Or you can visit www.MyPyramid.gov and click on MyPyramid Plan.

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**Fats and sugars – know your limits**
- Get your fat facts and sugar smarts from the Nutrition Facts label.
- Limit solid fats as well as foods that contain them.
- Choose food and beverages low in added sugars and other caloric sweeteners.

**Daily Water Intake**
- We all need different amounts of water. Use this equation to figure out how much: 1/3 (1/2 if active) body weight (lbs.) = Water (oz.)

Example: An active 54 lb. child needs 27 oz. of water daily (54 x 1/3 = 18)

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To find out how many daily 8 oz. cups, divide by 8. (27 oz. divided by 8 = approx. 3.5 cups for an active 54 lb. child)

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