

HEALTHY ME GOALS

EAT 5-A-DAY CHOOSE TO EAT A BALANCED FOOD GUIDE PYRAMID



- DRINK PLENTY OF WATER
- TAKE TIME FOR BREAKFAST
- ENJOY HEALTHY SNACKS
- BE ACTIVE WITH WORK AND PLAY
- CHOOSE SOMETHING I REALLY LIKE ABOUT ME!

PARENT SNACK SUGGESTIONS

FRUIT

**Fresh, Canned, Dried
(NOT Roll-Ups, added sugars)**

VEGETABLES

Could include Low Fat Dip

YOGURT

Small 4 oz. or 6 oz. Low Fat

CHEESE & CRACKERS

(Not Cheese Crackers)

MILK - 8 oz. portion

JUICE - 100%, 4 oz.

WATER

8 oz. or less

PACKAGED SNACKS

Portion Size 1.25 oz. or less

Sodium 200 mg or under

Fat 5 grams or less

Carb. 30 grams or less