

Healthy Eating the MyPlate way with the Super Crew®!

WHOLE GRAINS:

- ✓ Play a role in maintaining a healthy weight and providing long term energy.

Eat 5-8 ounce equivalents per day!

-1 slice of whole grain bread = size of a compact disk. 

-½ cup cooked rice , pasta or cereal = size of a computer mouse.



Aim to make at least 3/4 of your grains whole!

- Kira

FRUITS& VEGETABLES:

- ✓ Promote normal growth, faster healing as well as heart health.

Eat 1 ½ to 3 cups of vegetables per day!

- ½ cup raw or cooked veggies =size of a woman's fist

Eat 1 ½ to 2 cups of fruit servings per day!

- 1 medium fruit = size of a tennis ball.



Color half of your plate with yummy fruits and vegetables!

- Abigail

MILK PRODUCTS OR CALCIUM RICH FOODS

- ✓ Help build strong bones and muscles as well as maintain healthy blood pressure.

Eat 2-3 servings per day!

-2 oz. cheese = size of 3 dominos. 

-1 cup fortified soy milk, milk or yogurt = size of a baseball.

-½ cup of raw or cooked green leafy veggies*. 



Read the labels on milk products and make sure they are low-fat or fat free.

- Carlos

PROTEINS:

- ✓ Help build strong bones, muscles, cartilage, and skin.

Eat 4-6 ounces per day!

-2-3 oz. cooked fish, lean poultry or lean beef = size of a deck of cards. 

- 2 Tbs. peanut butter = size of a ping pong ball. 



Eat lean meats, beans, and nuts that are low in saturated fat.

- Penny

*SuperKids Nutrition recommends leafy greens & fortified foods as a good source of calcium in addition to dairy.



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FATS AND OILS:

- ✓ Choose healthy oils like grape seed, olive or canola
- ✓ Nuts, seeds, and avocados are high in monounsaturated fats which protect your heart!



Make sure you choose healthy liquid fats and not solid saturated fats.

- Marcus

Yummy & Healthy Snacks:

- ✓ Choose low-fat and low sugar snacks to keep your heart super strong and super healthy.



I love cutting up my favorite fruits and mixing it up with assorted nuts. Yum!

- Jessie

Water:

- ✓ Keeps your body at the right temperature.
- ✓ Carries important nutrients throughout your body.
- ✓ Removes toxins from your body.



Drink water throughout the day from your favorite water bottle.

- Baby Tom Tom

Physical Activity:

- ✓ Get at least 60 minutes, or more, of physical activity each day!



I love doing any activity that gets my body moving and heart pumping!

- Andy