



DECLARATION OF HEALTHY EATING

In order to feel great, build a healthy body, grow tall, fight off disease and feel energetic and happy, I declare the following to be true:

I will choose foods from five of the food groups to make a balanced meal.

I will fill half my plate with fruits and vegetables

I will color my plate with different colored foods

I will look for 100% whole grain foods like brown rice, whole wheat pasta and quinoa.

I will choose sugary treats once in a while as a treat.

I will include a 1% or non-fat dairy food (or calcium fortified food) at each meal to help my bones and teeth grow strong.

I will add a few ounces of lean healthy protein to my meals.

I will vary my protein with choices like beans, nuts, tofu and seeds.

I will be active every day for at least one hour with activities that get my body moving.

I will get at least 8 hours of sleep at night.

I will eat breakfast each morning.

I will smile and laugh each day.



Signature: _____

Signature: _____