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HEALTHY EATING

Healthy Favorites: A Booklet Full of Healthy Tips & Recipes

Healthy Eating Booklist

Get Your Portions in Proportion

What's a Healthy Portion?

Go Foods, Slow Foods, Whoa Foods

Healthy Kids' Snacks

Healthier Cafeteria Snack Options

Non-Food Rewards At Home

Breakfast is Best

A Meal is a Family Affair

Eat at least five fruits and vegetables a day.

To have fruits and vegetables year-round, add frozen or canned.

Drink water and low fat milk; limit or eliminate sugary beverages.

How Much Sugar Do You Drink?

Enlightening Facts About Juice

Water is Fuel for Your Body

PHYSICAL ACTIVITY

Finding "Places to Go": Local & National Resources

Healthy Activity Booklist

Get one hour or more of physical activity every day.

Limit recreational screen time to two hours or less.

Live Outside the Box Toolkit

