

Step 1 to MyPlate

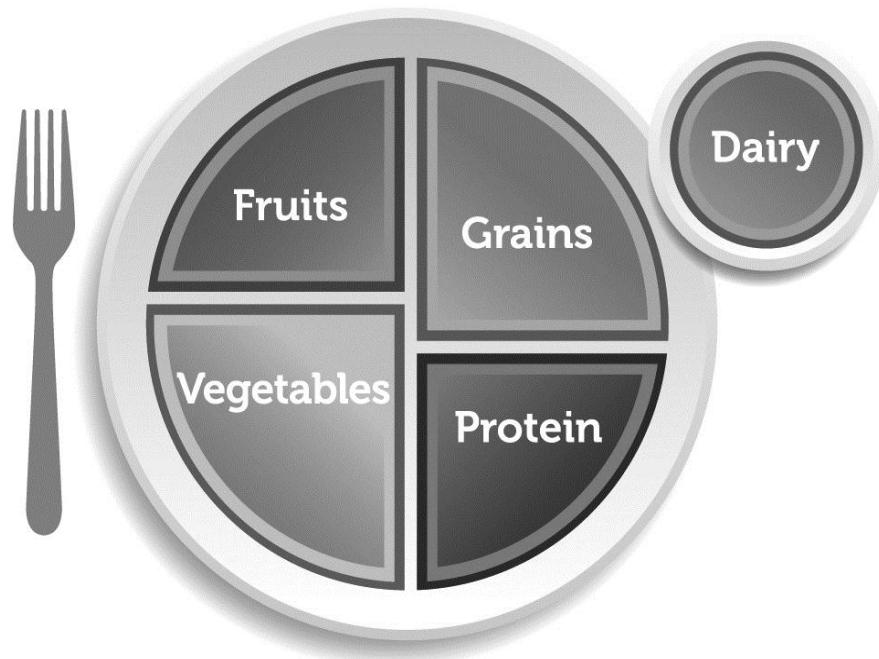
5 To Go

This is **Step 1** in Healthy Eating. Try this for **ONE** month and come back to your doctor to check on your progress.

- 5:** Eat **FIVE** fruits and veggies a day. Try adding a new fruit or vegetable each week.
- 4:** Give and get **FOUR** compliments a day.
- 3:** Consume **THREE** dairy a day.
- 2:** No more than **TWO** media hours a day.
- 1:** At least **ONE** hour of exercise a day. Move more and have fun! Try shooting baskets or walking your dog.
- 0:** Limit sugar-sweetened drinks: sodas, sports drinks, juice. Water is best!

GO: Be well, inside and out!

For additional suggestions check out the 10 Healthy Tips at
www.choosemyplate.gov



Eat the Rainbow

Here are fruits and vegetables that you and your child can choose from to stay healthy. Try mixing it up and eating foods from at least a few colors each day.

Red

Beets
Cherries
Radish
Raspberries
Red bell pepper
Strawberries
Tomatoes
Watermelon

Green Pears

Green Peppers
Honeydew
Jalapeno
Limes
Okra
Parsley
Peas
Spinach
Zucchini



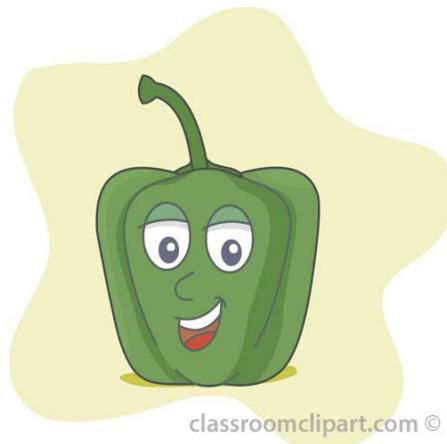
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Orange

Apricot
Carrots
Mango
Oranges
Pumpkin
Sweet Potatoes
Tangerine

Blue/Purple

Blueberries
Eggplant
Fig
Purple Grapes
Purple Plums
Radicchio
Turnips



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Yellow

Corn
Lemon
Pears
Pineapple
Plantains
Yellow Onion
Yellow Squash

White

Banana
Cauliflower
Coconut
Garlic
Mushrooms
Onion
Potato
White Asparagus



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Green

Artichokes
Arugula
Asparagus
Advocados
Bell Pepper
Broccoli
Brussel Sprouts
Cabbage
Celery
Cilantro
Collard Greens
Cucumbers
Green Grapes

Black

Blackberries
Dates
Black Grapes
Black Olives

Pink

Grapefruit
Guava
Papaya
Green Onion