

# What Should You Eat?

## Eat Right, Feel Great!

### Learn about the food pyramid.

Healthy foods are good for you! They help your body grow. They also give you energy to work and play.

How do you know which foods to eat? Follow the food pyramid. Use it to make good choices.

## Grains



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The grains group gives you energy. Make sure at least half the grains you eat are whole grains. Eat brown rice, oatmeal, and

popcorn. Try whole-wheat bread instead of white bread.

## Vegetables



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Color your plate with all kinds of veggies. They help your heart, eyes, skin, and teeth. Experts say to eat a rainbow of colors. Each color helps the body in a different way. Munch on carrots, corn, and broccoli.

## Meat and Beans



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The meat and bean group is high in protein. That helps build strong muscles. Eat fish, chicken, lima beans, and nuts.

## Fruits



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Fruits are nature's treats. They are sweet and tasty. They help your heart, eyes, skin, and teeth too. Eat a variety of colors. Try an apple or a banana. You can also mix pieces of different fruits to make a salad.

## Milk



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Have milk and foods made with milk. Those foods are high in calcium. Calcium builds strong bones. Foods made with milk can be high in fat. Try low-fat milk, yogurt, and cheese.

## Oils



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Your body needs only a little oil to keep it healthy. Some foods that have oils are nuts, tuna fish, and salad dressing.