

Nutrition Counts

Eating good food will give you energy, make you feel better and keep you healthy. Good food is filled with vitamins and minerals that our bodies need to be healthy. And, of course it tastes good too! The United States Department of Agriculture says that people should eat the following food portions every day:

6 ounces of Grain,

2 ½ cups of Vegetables,

2 cups of Fruits,

3 cups of Milk (2 cups for children aged 2 to 8),

5 ½ ounces of Meat or Beans,

And don't eat too much fat, oil, or sweets like candy and cookies.

It is important to feed your family many different and colorful foods for good health.

Choose whole grains. Whole grain bread, pasta or brown rice are good for you. Eat plenty of dark green vegetables. Fruits are sweet and delicious. They can be fresh, frozen, canned or dried. Don't drink too much fruit juice because it has a lot of sugar.

Sugar is bad for your teeth and can make you gain weight. Sugar does not contain anything that is good for your body. Cheese and yogurt are made from milk. Milk is good for you. It has calcium to make your bones strong. But, foods made from milk have fat too, so choose low-fat foods when possible. Fat will make you gain weight.

Gaining too much weight is very bad for your health. Meat has fat too. Choose low-fat or lean meats. Chicken or fish are good choices. Try baked, broiled, or grilled meat instead

of frying it. And don't forget to pay attention to the portions of your food! Too much food could mean that you will be too big!

Food Safety

Always wash your hands with soap and water before preparing a meal. Make sure the counter top and table are clean before placing food on it. Keep fresh food wrapped tightly, and in the refrigerator or freezer until you are ready to cook or eat it. Clean the inside of the refrigerator often. Keeping the kitchen very clean will help to keep the germs and bugs away. Sweep up all the crumbs and keep garbage tightly contained and covered. That will help to make a healthy home. Cook meat until it is well done. And, never eat raw meat or eggs because it can make you very sick.

1, 2, 3 Go.....Let's Exercise!

It is important to move around and have some activity (exercise) on most days of the week. Exercise burns away the food we eat so we don't gain too much weight. It also makes our muscles strong. Walking is great exercise and can be done even if you have small children. Also, play-time at the park is great exercise for the whole family.

Climbing the stairs is good exercise too. Exercise can be fun. Try dancing, swimming, or riding a bike.

So remember...eat healthy, stay safe and exercise every day! Enjoy a healthy life!