

Name \_\_\_\_\_ Date \_\_\_\_\_



# EATING FOR GOOD HEALTH

It's important to pay attention to the foods that you eat and to have a balanced diet. That means choosing a variety of foods from each of the five food groups. Take the time to learn about making healthful food choices and your body will thank you with strength, energy and good health. Learn more about the five food groups by reading the chart below. Then complete the chart with your own food choices.

Food Group	Healthy Tip	Food Examples	Examples of what I like to eat in this food group	Foods I ate in this food group today	Foods in this group that I would like to try
Grains	Whole grains are full of fiber, which gives you energy and helps you to digest food.	Cereal, bread, rice, pasta, crackers			
Vegetables	Vegetables are full of vitamins, minerals and fiber, which help you to grow and keep your body healthy.	Carrots, tomatoes, lettuce, peas, corn			
Fruits	Fruits are full of vitamins, minerals and fiber, which protect you from disease.	Oranges, bananas, mangoes, blueberries			
Dairy	Milk is full of calcium, which helps build strong teeth and bones.	Milk, yogurt, cheese			
Meat, beans, fish and nuts	Meats, beans, fish and nuts are full of protein, which helps you grow.	Turkey, hot dogs, tuna, eggs, sunflower seeds, peanut butter			

Funded by the P.A. Department of Public Welfare (DPW) through the P.A. NUTRITION EDUCATION TRACKS, a part of USDA's Supplemental Nutrition Assistance Program (SNAP). To find out how SNAP can help you buy healthy foods, contact the DPW's toll-free Helpline at 800-692-7462 or 215-430-0556. This institution is an equal opportunity provider and employer.

