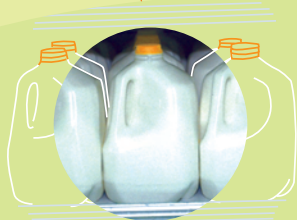


get healthy



focus on fruits
fresh, frozen, canned, dried



get calcium-rich foods
low-fat is best



vary the veggies
eat the rainbow



make half the grains whole
cereals, breads, pasta



go lean with protein
bake it, broil it, grill it



include daily play
and physical activity

Source: Dietary

Guidelines for Americans; US Department of Health & Human Services and the US Department of Agriculture.

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