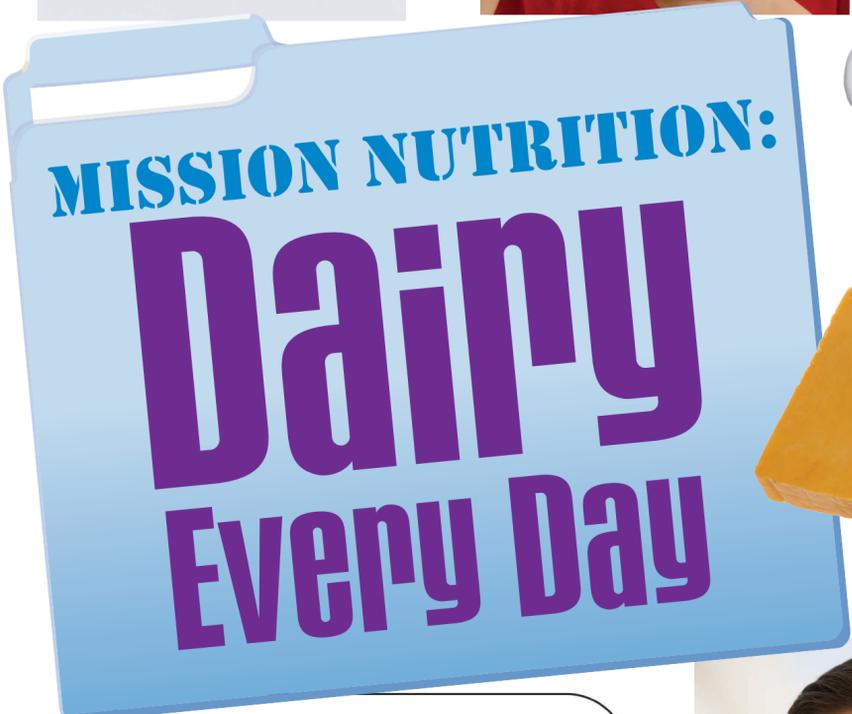




Prescription for a Healthier You

Eat healthy meals and get at least 60 minutes of exercise each and every day. A healthy meal starts with more fruits and vegetables, smaller portions of protein and grains, and dairy foods that are extra important for your growing bones. Include low-fat or fat-free dairy foods with all your meals and snacks.



Complete these Nutrition Missions!

MISSION 1:
Have 3 cups of milk or dairy every day.



MISSION 2:
Switch to fat-free or low-fat milk.

MISSION 3:
Make fruits and vegetables half your plate.



MISSION 4:
Add some whole grains--oatmeal or whole grain bread, for example.

MISSION 5:
Go lean with protein--try ground turkey or fish.

