

May is Nutrition Month for Girls

(Not really, but we had to title this something)



1

Eat a yellow or orange vegetable or fruit. It's good for your heart and your eyesight. It's also good for your immune system, so you don't get sick as often.

2

Eat a blue or purple fruit or vegetable. These are good for your memory so you can remember things better.

3

Eat something green. These help you maintain good eyesight, as well as strong bones and teeth.

4

Eat a red fruit or vegetable. These are good for your heart and your memory.

5

Eat a white fruit or vegetable. These are also good for your heart.



8

Drink 8 glasses of water today. Water is important for your body to function well.

9

Drink 100% fruit juice instead of a soda today. Fruit has more vitamins and nutrients than soda. Soda has a lot of sugar and no nutrients.

10

Reach for 2%, 1%, or skim milk instead of whole milk today. Milk has calcium and Vitamin D, which help you build strong bones and teeth.

11

Try a fruit smoothie or yogurt smoothie. Fruit is full of vitamins and yogurt has calcium.

12

Drink a glass of iced tea. Tea is good for your heart and may help you live longer.



6

Challenge yourself to pile as many veggies as you can onto your sandwich or pizza today.

7

Eat two different colors of fruits or veggies for dinner.



13

Make a mug of hot chocolate with milk. You'll get more calcium than if you make it with water.

14

Try a brand new food today. How about tofu or fish or soy nuts?



15

Eat some beans today. Beans have a lot of fiber which helps you go to the bathroom and keeps your heart healthy.

16

Look at the nutrition label on the side of your cereal box today. A good choice would have at least 5 grams of fiber per serving.

17

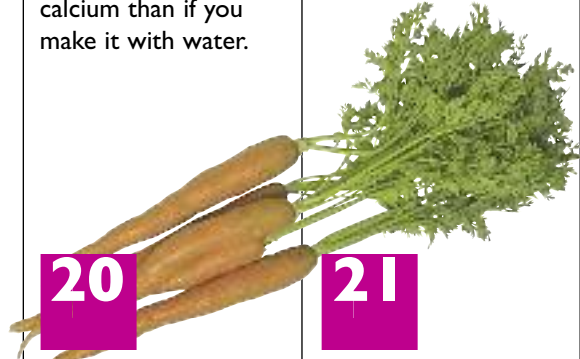
Eat a bowl of oatmeal today. It has a special type of fiber called soluble fiber, which is good for your heart.

18

Try a new fruit or vegetable today. Most fruits and vegetables have lots of fiber.

19

Eat a whole grain today. Think brown: brown rice, whole wheat or rye bread, oats



20

Have popcorn for a snack. Popcorn is a whole grain, and has plenty of fiber.

21

Play a game and learn about the food pyramid today. Go to: http://www.mypyramid.gov/kids/kids_game.html



22

For a snack, eat a piece of fruit instead of chips or cookies

23

Make your own trail mix with cereal and dried fruit

24

For an afternoon snack, dip some carrots and celery sticks into peanut butter, yogurt, or bean dip.

25

Go nuts today! All types of nuts, like peanuts, peanut butter, walnuts, and almonds keep your heart healthy.

26

Eat an incredible edible egg today. Eggs have lots of protein and vitamins and minerals.



27

Be fishy today. Tuna, salmon, sardines and other fish are good for your heart and your brain.

28

Plain water is sufficient to keep you hydrated. Your body has enough carbohydrates to serve as energy for up to 90 minutes of exercise.

29

Your body rebuilds muscle tissue for up to 24 hours after an athletic event. So, it's important that you get plenty of protein, fat and carbs after the game.

30

Don't suddenly change your diet to prepare for an athletic event.

31

Skipping breakfast can make you feel tired, restless, or irritable. Remember, your body just went without food for 8 to 12 hours!



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