

Every Color, Every Day

Plato the Publixaurus is one smart dinosaur. He knows how to stay fit and healthy.

Plato the Publixaurus does something active every day. He likes to run, swim, dance, and climb lots of stairs!



Plato the Publixaurus' favorite color is green. Can you guess why? He is green and he LOVES vegetables. Even so, he makes sure to eat foods from each food group every day.

Find your balance between food and fun. **Fats and sugars**—know your limits.

Orange = Grains

Make half your grains whole. Choose whole-grain foods, such as whole-wheat bread, oatmeal, brown rice, and low fat popcorn, more often.



Green = Vegetables

Vary your veggies. Go dark green and orange with your vegetables—eat spinach, broccoli, carrots, and sweet potatoes.



Red = Fruit

Focus on fruits. Eat them at meals, and at snack time, too. Choose fresh, frozen, canned, or dried, and go easy on the fruit juice.



Yellow = Oils

We all need some oil. Get yours from fish, nuts, and liquid corn, soybean, canola, or olive oil.



Blue = Milk

Get your calcium-rich foods. To build strong bones, choose low fat and fat-free milk and other milk products several times a day.



Purple = Meat & Beans

Go lean with protein. Eat lean or low fat meat, chicken, turkey, and fish. Choose more dry beans and peas. Try adding chickpeas, nuts, or seeds to a salad; pinto beans to a burrito; or kidney beans to soup.



Gray = Exercise

Be active and get your family to join you. Have fun together by dancing to music, going for a walk, tumbling in the leaves, or playing catch.



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