

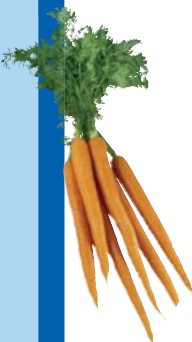
# Eat Right

Post this checklist on the fridge to remind everyone in the family to make smart food and fitness choices throughout the day, every day.



## Orange = Grains

Make half your grains whole. Choose whole-grain foods, such as whole-wheat bread, oatmeal, brown rice.



## 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 vegetable oils.



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## 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, and turkey. Choose more fish, dry beans, and peas. Try adding chick peas, nuts, or seeds to a salad; pinto beans to a burrito; or kidney beans to soup.



## Gray (stairs) = Physical Activity

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.



Which food groups are represented in the SUBWAY® sandwich?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

What else could you add to the sandwich from other food groups?

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[Scholastic.com/wecan](http://Scholastic.com/wecan)

[subwaykids.com](http://subwaykids.com)

[wecan.nhlbi.nih.gov](http://wecan.nhlbi.nih.gov)