

Declaration of Healthy Eating

We the Kids of the United States, in Order to feel great, build a healthy body, grow tall, fight off disease and feel energetic and happy, establish the Declaration of Healthy Eating:

I declare the following to be true:

I will Choose foods from five of the food groups to make a balanced meal.

I will Fill half my plate with fruits and vegetables

I will Color my plate with different colored foods

I will Look for 100% whole grain foods like brown rice, whole wheat pasta and quinoa.

I will Choose sugary treats once in a while as a treat.

I will Include a 1% or non-fat dairy food (or calcium fortified food) at each meal to help my bones and teeth grow strong.

I will Add a few ounces of lean healthy protein to my meals.

I will Vary my protein with choices like beans, nuts, tofu and seeds.

I will Be active every day for at least one hour with activities that get my body moving.

I will Get at least 8 hours of sleep at night.

I will Eat breakfast each morning.

I will Smile and laugh each day.

Signature _____

Signature _____

Chef Solus