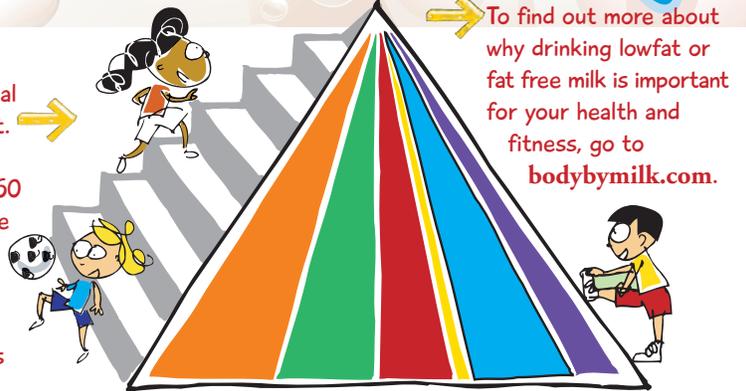


It's a Health Thing...

You may have heard the advice: To be healthy and fit you need to exercise regularly and eat a balanced diet. But, do you know what this means? Let's find out together by investigating the U.S. Department of Agriculture's (USDA) MyPyramid. Think about how it can help you make good food choices and encourage physical activity. Look closely at the Milk Group and think about the different ways you can incorporate milk into your daily diet. For more information about USDA's MyPyramid, go to (MyPyramid.gov).

These kids remind you that daily physical activity is important. For teens like you, that means at least 60 minutes of moderate activity daily.



These six bands represent the 5 food groups (plus oils). They are all part of a balanced diet.

Grains Make half your grains whole	Vegetables Vary your veggies	Fruits Focus on fruits	Milk Get your calcium-rich foods	Meat & Beans Go lean with protein
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Oils Oils are not a food group, but you need some for good health. Get your oils from fish, nuts, and liquid oils such as corn oil, soybean oil, and canola oil.

You need three 8-ounce servings daily. A bowl of cereal, glass of chocolate milk, or a fat free latte count towards your 3 servings.

➔ **Part A:** Now let's do a quick self-check! On the back of this sheet, list the foods you ate yesterday – don't forget to include beverages – and any physical activity you did and the length of time you spent doing the activity. Remember, an activity can include anything that gets you moving like walking the dog, skateboarding, riding your bike, or playing in a soccer game.

➔ **Part B:** Use the chart below to log what you eat and drink for breakfast, lunch, dinner, and snack and any physical activity you engage in daily. Indicate in the "got milk?" column how many foods and beverages you consumed that contained milk. See if you can eat from each food group daily and the recommended daily amounts, substitute lowfat or fat free milk for sugary drinks, and engage in at least 60 minutes of physical activity each day! Check out the *Milk Tip of the Day* to help you make milk part of your everyday diet! Good Luck!

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast							
Lunch							
Dinner							
Snack							
Activity							
got milk?							

Add some chocolate syrup to your milk for a good-for-you treat. White or flavored milk is a nutrient powerhouse, packed with 9 essential nutrients your body needs.

Grab milk from a vending machine or a la carte line – it's a good source of protein, which helps build muscles and support strong, healthy, hair and nails.

Don't skip breakfast – have a bowl of cereal with milk! Milk has B vitamins for energy to help get you going.

Ditch the sodas and make milk the perfect complement to your dinner. Research suggests that teens who drink milk instead of sugary beverages tend to be leaner than those who don't.

Not all milk has to be drunk from a glass! Choose a latte made with fat free milk. It's a great way to enjoy another serving of milk.

Drink chocolate milk after your workout – it has the right mix of carbs and protein to help refuel tired muscles.

Make a nutritious smoothie with milk, yogurt, and fresh fruit! Milks rich in calcium and vitamin D to help build strong bones and help reduce the risk of stress fractures.

Eat Right. Be Active. Drink Milk.

Eating healthy, choosing milk instead of sugary drinks, and engaging in at least 60 minutes of physical activity daily is a recipe for good health. When you eat right, you have the energy you need to keep going all day long. So get moving, whether it's biking, skateboarding around the neighborhood, or walking around the mall. And remember to make good choices, like opting for lowfat milk instead of sugary drinks. Milk is packed with nine essential nutrients you need! Post this handout on your refrigerator or locker to help you eat right, get active, and be healthy!



Milk: A Nutrient Powerhouse



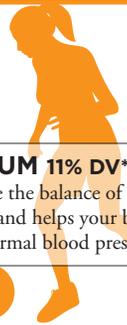
VITAMIN A 10% DV*
Important for good vision, healthy skin, and a healthy immune system.



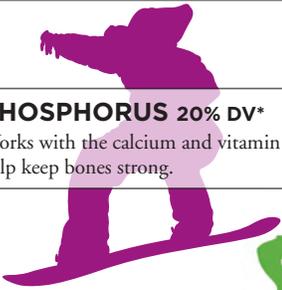
VITAMIN B-12 13% DV*
Helps build red blood cells and helps maintain the central nervous system.



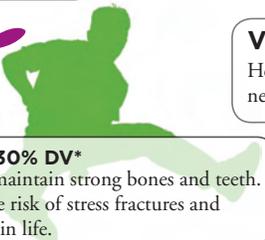
RIBOFLAVIN 20% DV*
Helps your body convert the food you eat into energy.



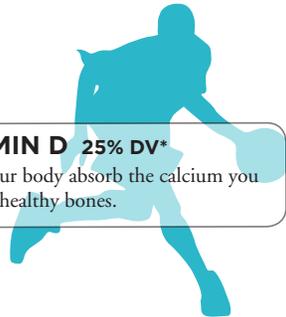
POTASSIUM 11% DV*
Helps regulate the balance of fluids in your body and helps your body maintain a normal blood pressure.



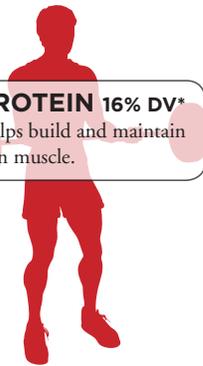
PHOSPHORUS 20% DV*
Works with the calcium and vitamin D to help keep bones strong.



CALCIUM 30% DV*
Helps build and maintain strong bones and teeth. It helps reduce the risk of stress fractures and osteoporosis later in life.



VITAMIN D 25% DV*
Helps your body absorb the calcium you need for healthy bones.



PROTEIN 16% DV*
Helps build and maintain lean muscle.



NIACIN 10% DV* (NIACIN EQUIVALENTS)
Helps the enzymes in your body function normally by converting nutrients into energy.

**These percentages are the Percent Daily Values for an eight-ounce glass of fat free milk. Daily Values reflect current nutrition recommendations for a 2,000-calorie-a-day diet.*



Top Ten Tips for a Healthy You...

1.

Make half your grains whole. Choose whole grain breads and cereals for a healthy start to your day.

5.

Color your diet. Choose colorful fruits and vegetables for a healthy punch at lunch. Try carrots in lowfat ranch dressing or top your pizza with extra veggies!

8.

Focus on the positives. Look for foods that **ADD** something to your diet. Include nutrient-rich foods like fruits and vegetables, whole grains, lowfat dairy, and lean meats.

2.

Think about your drink. Swap out the nutrient-void sugary drinks and choose nutrient-rich drinks like lowfat or fat free milk, packed with nine essential nutrients your body needs.

6.

Avoid fad diets. If it sounds too good to be true, it probably is. Follow the experts' advice and refer to MyPyramid (MyPyramid.gov) to help guide your healthy diet.

9.

Drink lowfat milk – it's packed with nine essential nutrients important for your health, including calcium, vitamin D, and protein – bone-building nutrients that are especially important during the teen years.

3.

Schedule time for at least 60 minutes of moderate to vigorous physical activity each day. Making a schedule will help keep you on track.

7.

Make getting exercise fun. Find an exercise buddy – it's easier to stay motivated. And if you choose activities you like to do, you're more likely to do them regularly.

10.

Keep a daily food and activity log. Write down everything you eat and drink, and the activities you do each day. Review your log each week and set a few goals for improving your diet and/or increasing the amount of exercise you will get during the following week.

4.

Listen to your body. Eat when you're hungry, not because you're stressed or bored.



To find out more about why milk is such a great beverage choice, visit the **Body By Milk** website (bodybymilk.com).