

Get It Going with



Chick Pea, The goalkeeper



White Bean, the forward

Get in the game by making healthy food choices and staying active every day.

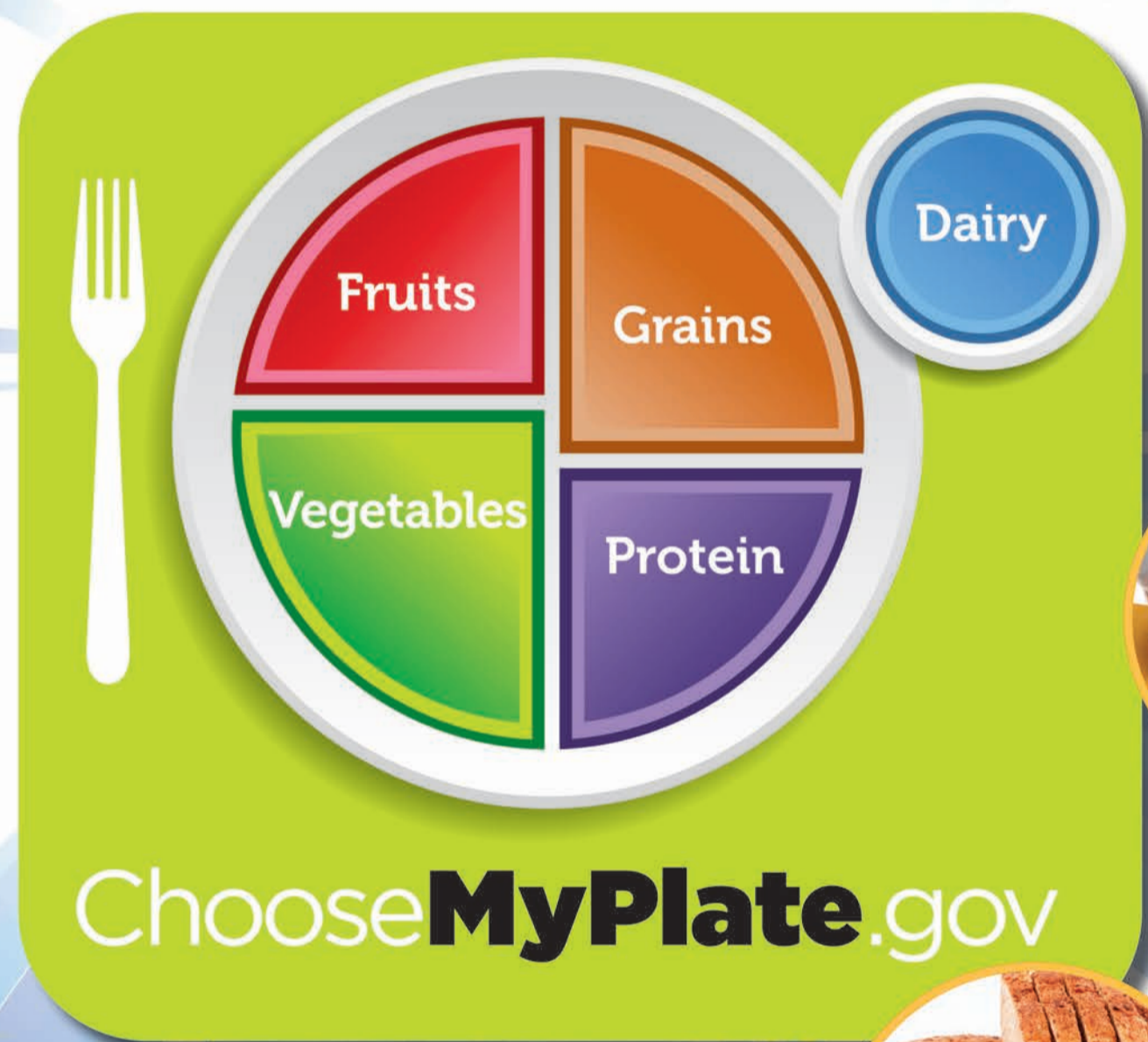


Pinto Bean, the striker

Know Your Goals-
Learn more at www.ChooseMyPlate.gov
USDA daily recommended total amounts for kids ages 9 to 13.



- ★ Make half your plate fruits and veggies.
- ★ Make at least half your grains whole grains.
- ★ Limit sugary drinks and sweets.
- ★ Get moving. Be active for at least 60 minutes a day. Walk, shoot hoops, ride your bike, play a team sport, jump rope, dance...do what you like!



Choose **MyPlate**.gov

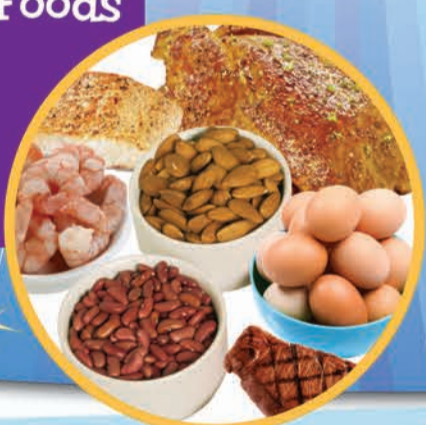
Fruits
1½ to 2 cups a day



Vegetables
2 to 3 cups a day



Protein Foods
5 to 6 ounces a day



Grains
5 to 7 ounces a day



Dairy
3 cups a day



Black Bean, the fullback

GOYA All-Stars
We're eating healthy!

We're All-Stars, Too!
(Add your name to the list.)



Red Kidney Bean, the midfielder

Learn more at www.ChooseMyPlate.gov



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