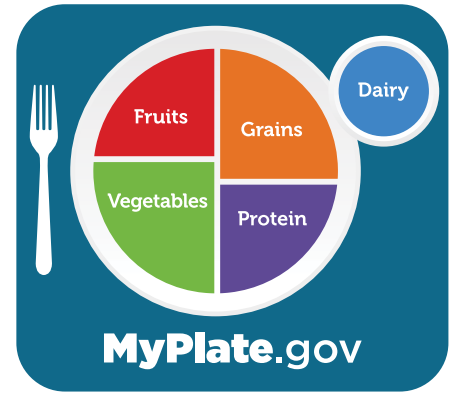




BUILDING NUTRITION

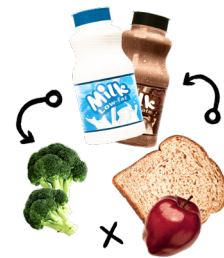


We all need carbohydrates, proteins, and fats to stay healthy.

- Carbohydrates are found in all plant foods, including fruits and vegetables. It's best for our bodies if we choose complex carbohydrates that do not have added sugar. These are found in foods such as legumes, corn, potatoes, peas, and whole grains.
- Proteins are found in foods such as meat, fish, beans, and poultry. Lean cuts of meat are best.
- Fats are important for good health, but we only need to eat a small amount. It's best for our bodies if we choose unsaturated fats, which can be found in avocados, nuts, seeds, vegetable oils, and low-fat dairy products.

ARE YOU GETTING THE NUTRIENTS YOU NEED? FIND OUT!

1. Visit www.myplate.gov/myplate-plan.
On the right, click start in the box where it says, "Get Your MyPlate Plan".
2. Enter your age, height, and other details.
3. Click on the daily calories to see a customized suggested meal plan.



Below, list what you normally eat in one day on the left. Then, fill in your customized meal plan on the right.

MY FOOD CHOICES

Fruit: _____

Protein: _____

Vegetables: _____

Dairy: _____

Grains: _____

MY CUSTOMIZED MYPLATE PLAN

Fruit: _____

Protein: _____

Vegetables: _____

Dairy: _____

Grains: _____

Now, look at the results. How do your food choices stack up? What foods and nutrients are you missing? On the back of this sheet, write about how you can improve your diet to consume more nutrients.

Check out the *Fuel Up to Play 60* Playbook at www.fueluptoplay60.com/resources/playbooks for nutrition ideas that you might try out.

GO!

Download the new *Fuel Up to Play 60* Student Zone App at Google Play or the App Store. You could win NFL experiences and prizes for your school!



AMERICAN DAIRY ASSOCIATION

