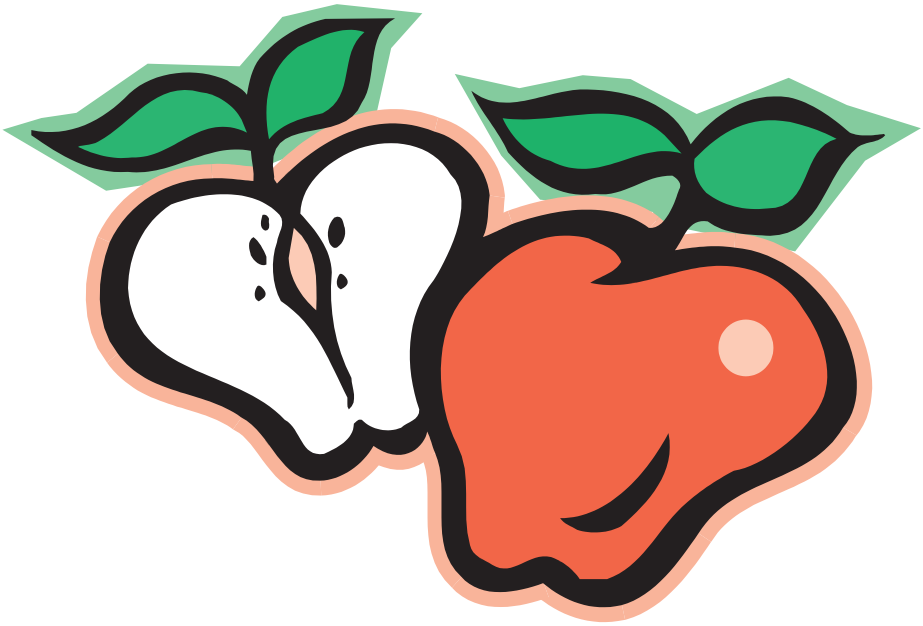
FITNESS FOR LIFE Elementary School

ABCs of Nutrition

APPLES

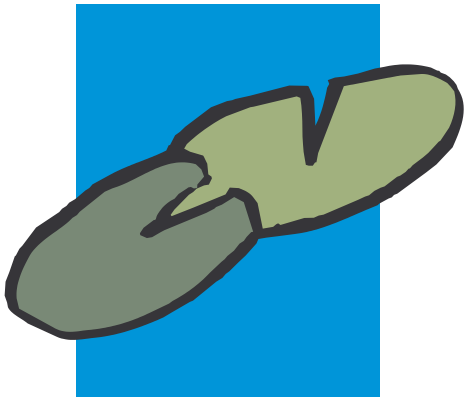


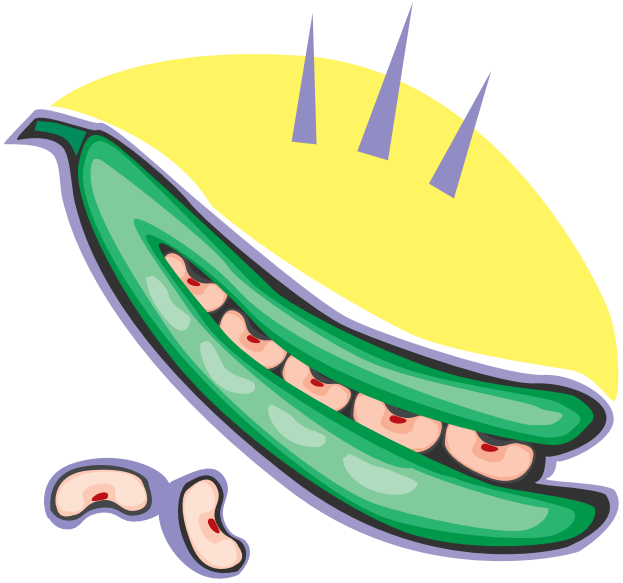
A delicious fruit

FITNESS FOR LIFE Elementary School

ABCs of Nutrition

BEANS





A good source of protein

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ABCs of Nutrition

CARBOHYDRATE

A source of energy

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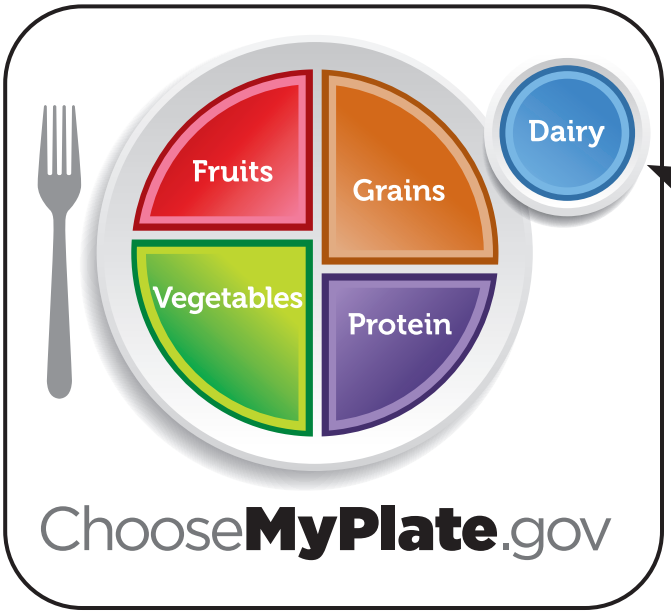
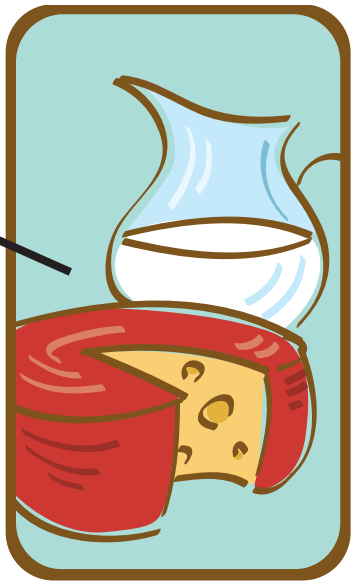
ABCs of Nutrition

DAIRY





The blue food group from MyPlate

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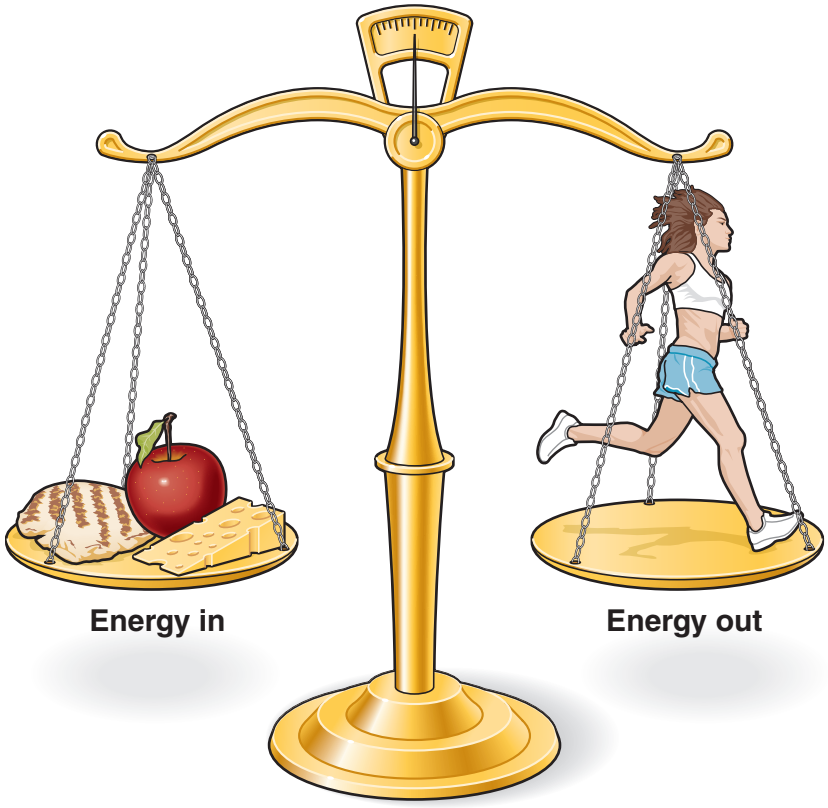
ABCs of Nutrition

ENERGY



Energy comes from food and is used by muscles.

From **Fitness for Life: Elementary School** by Charles B. Corbin, Guy C. Le Masurier, Dolly D. Lambdin, and Meg Greiner, 2010 (Champaign, IL: Human Kinetics). Illustration reprinted, by permission, from Human Kinetics, 2009, *Health and Wellness for Life* (Champaign, IL: Human Kinetics), 68.

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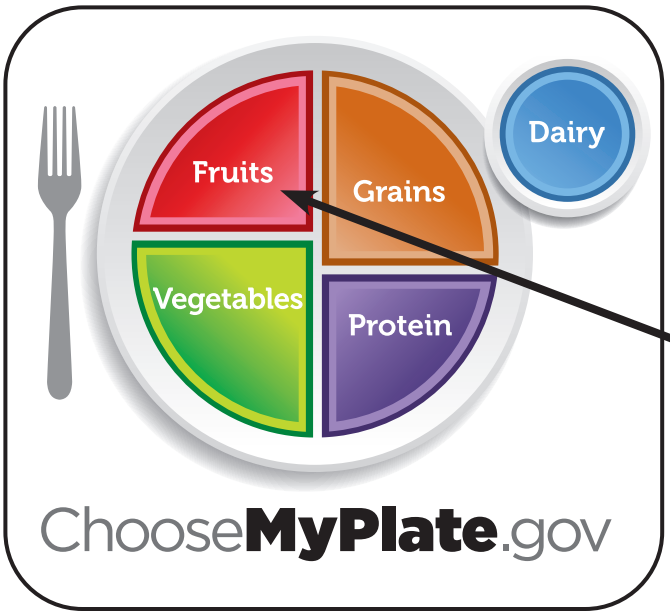
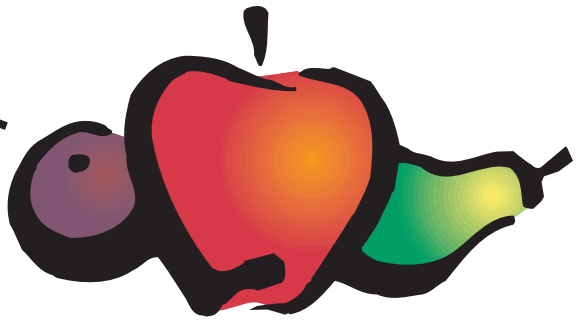
ABCs of Nutrition

FRUIT





The red food group from MyPlate

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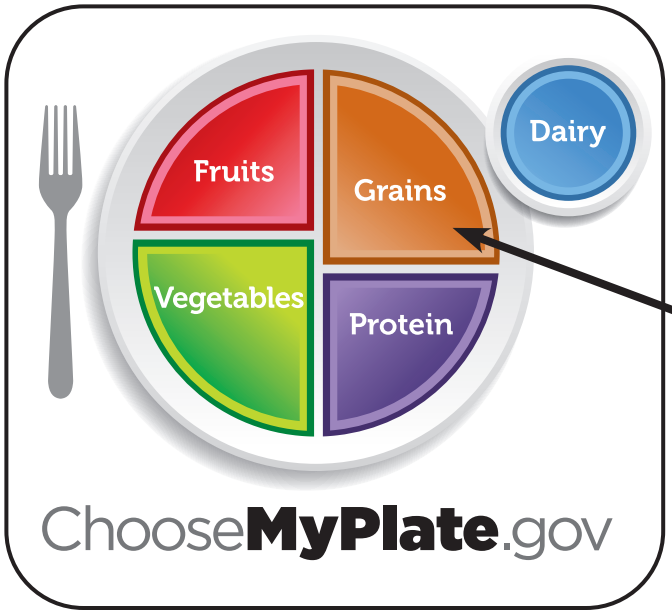
ABCs of Nutrition

GRAINS



The orange food group from MyPlate

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ABCs of Nutrition

HEALTHY FOOD

Eating well helps you grow.

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ABCs of Nutrition

I CE MILK

Like ice cream but with fewer calories

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ABCs of Nutrition

JUICE

100% juice can be a healthy drink.

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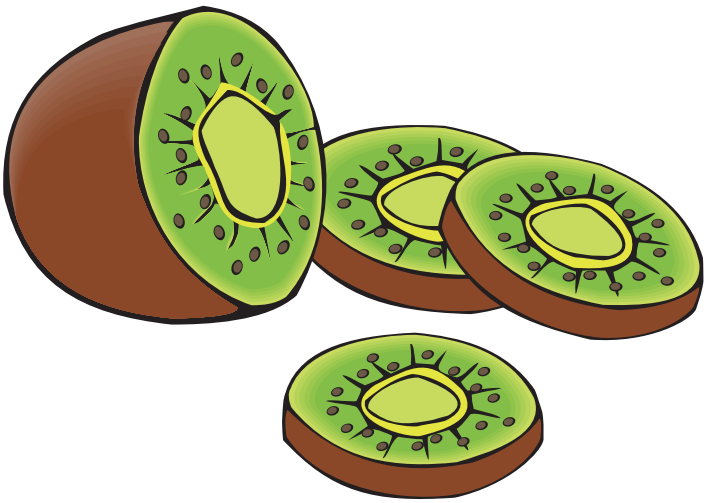
ABCs of Nutrition

Kiwi



A fruit for salads and desserts

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ABCs of Nutrition

LETTUCE

A veggie used in salads

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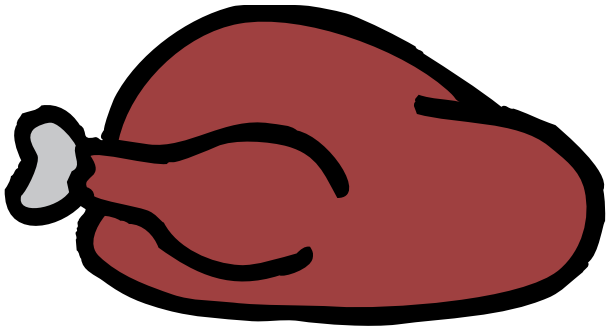
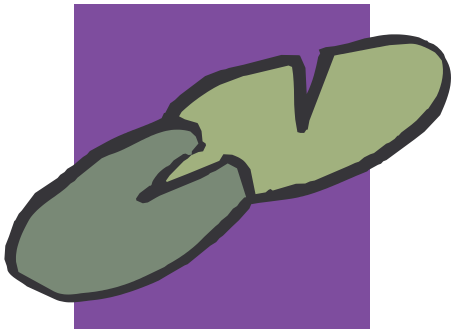
ABCs of Nutrition

MEAT AND BEANS





Good sources of protein

From **Fitness for Life: Elementary School** by Charles B. Corbin, Guy C. Le Masurier, Dolly D. Lambdin, and Meg Greiner, 2010 (Champaign, IL: Human Kinetics). MyPyramid for Kids from U.S. Department of Agriculture.

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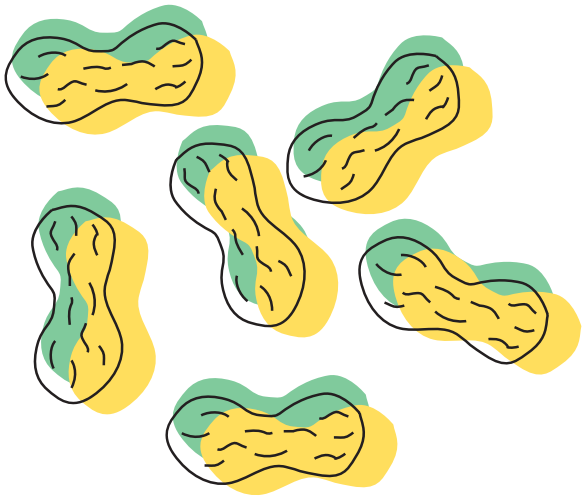
ABCs of Nutrition

NUTS



Nuts provide protein and energy.

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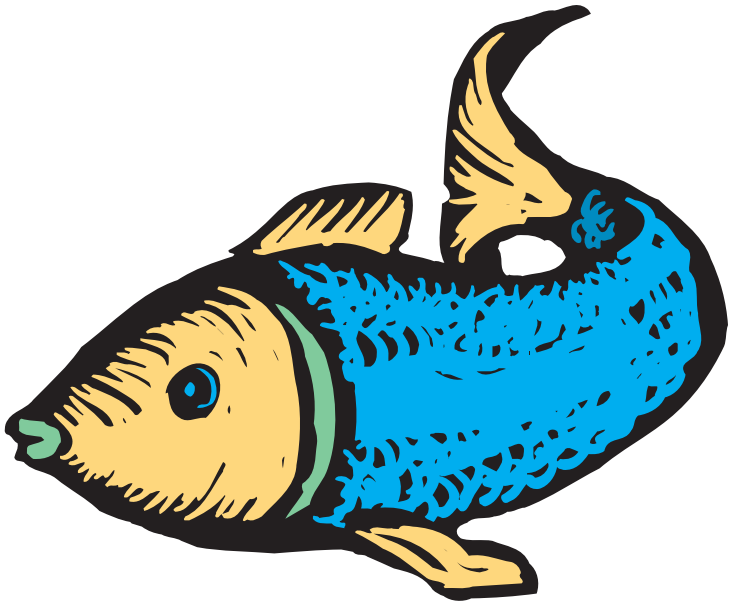
OILS



Fish oils are healthy fats

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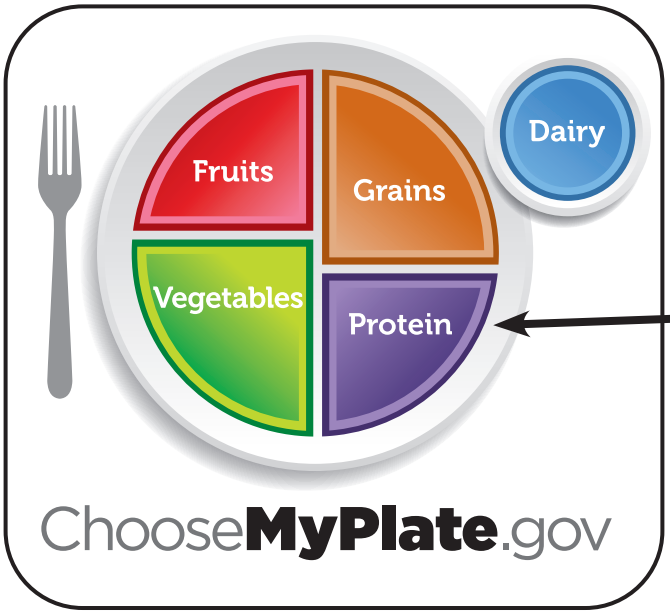
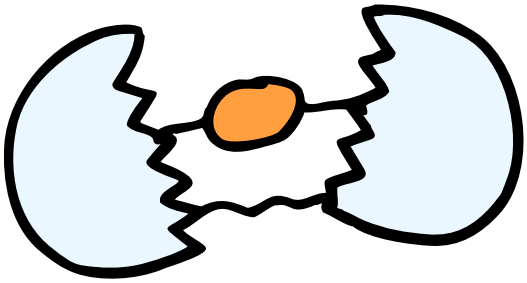
PROTEIN





The purple food group from MyPlate

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ABCs of Nutrition

QUESADILLA

Use whole-wheat tortillas.

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RAISINS AND GRAPES

Good fruit snacks

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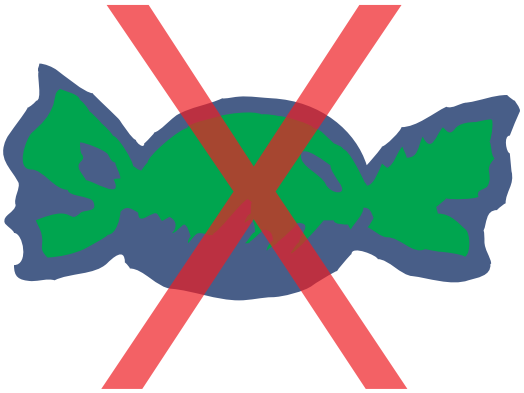
SWEETS



Calories with few nutrients are empty calories.

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T ortillas

Corn or whole-grain tortillas are best.

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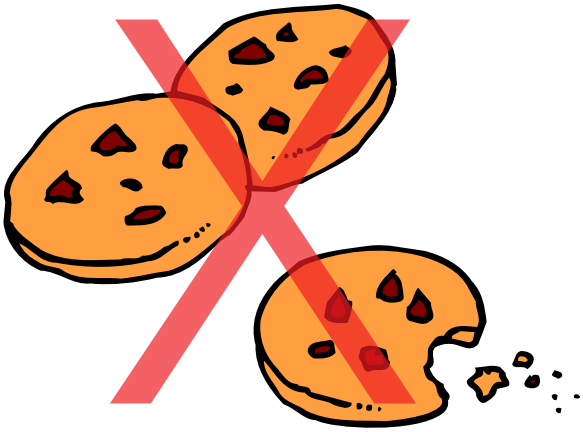
ABCs of Nutrition

UNHEALTHY FOODS



Many calories and few nutrients

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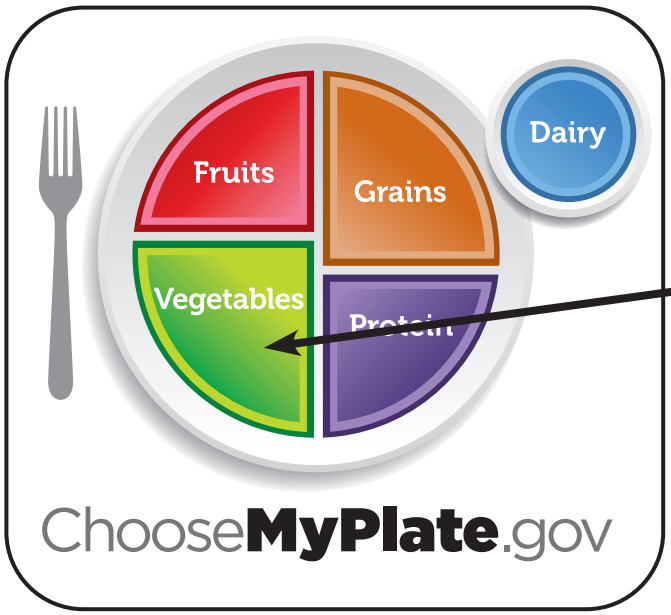
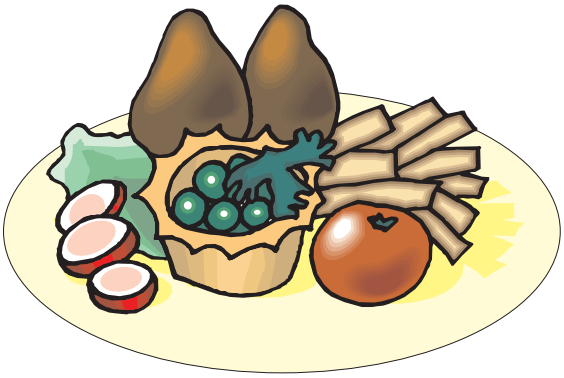
VEGETABLES





The green food group from MyPlate

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ABCs of Nutrition

WATER

A nutrient you need every day

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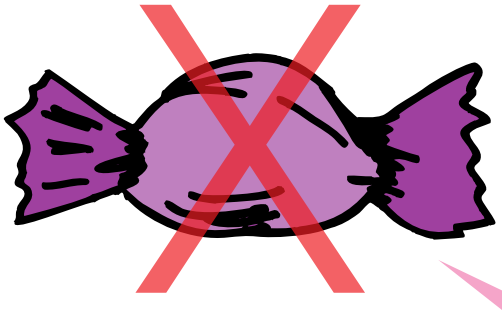
ABCs of Nutrition

X OUT JUNK



Avoid empty calories.

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ABCs of Nutrition

YOGURT

A food from the dairy group

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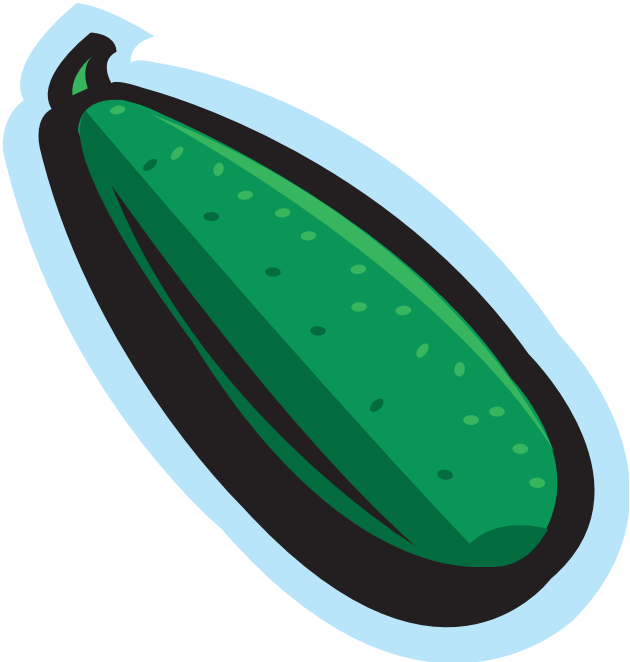
ABCs of Nutrition

Z UCCHINI



A kind of squash