



My Bright Future

5 ways to healthy eating



1. Eat breakfast in the morning for an energy boost.
2. Eat at least 4½ cups of fruit and vegetables each day. Try many colors and kinds.
3. Eat a variety of foods from all food groups within your calorie needs.
4. Choose healthful snacks like fat-free or low-fat milk and yogurt or fruit.
5. Eat foods that contain calcium, iron, folic acid, potassium, fiber and vitamin D.

5 ways to choose to move



1. Invite your friends and family to walk with you to school.
2. Try a new activity each season such as swimming, skating, soccer, or biking.
3. Balance your time in front of the television and the computer by limiting your screen time to less than two hours per day.
4. Strengthen your arms and legs at least 3 days each week.
5. Dance to the radio, or while listening to CDs — it's fun and good for your heart.

*Aim for 60 minutes of physical activity daily.

Why are these nutrients important for me?



There are many nutrients that are important for you, including:

Calcium: Builds healthy bones and teeth.

Folate: Builds healthy blood and body proteins.

Iron: Helps prevent iron-deficiency anemia, which can make you feel tired.

Potassium: Can help decrease blood pressure, reduce the risk of kidney stones, and help decrease bone loss.

Fiber: May help decrease the risk of heart disease, obesity and diabetes. Improves GI function, and helps you to feel full.

Vitamin D: Helps maintain strong bones

Important nutrients	How to get them?
Calcium	Fat-free or low-fat milk and milk products like yogurt or cheese; calcium-fortified orange juice, cereals, or calcium-fortified soy-based beverages.
Folate	Oranges, orange juice, dark green leafy vegetables. Check the food label for folic acid -fortified breakfast cereals.
Iron	Lean meats, ready-to-eat cereals with added iron, spinach, and beans and peas.



For more information

Bright Futures for Women's Health and Wellness
www.hrsa.gov/womenshealth/wellness

4 Girls Health www.girlshealth.gov

The National Bone Health Campaign
www.bestbonesforever.gov

MyPlate www.choosemyplate.gov