

Feed Me

Being a teen means gearing up for change—in how you look, what you do, what you think about, even what and how much you eat!

To be your best, there are a lot of things to think about. Two important things are *what* and *how much* you eat. All foods supply nutrients (substances your body needs to grow, have energy and stay healthy), so *all foods* can be part of a healthful pattern of eating. There are no good or bad foods, but there are good or bad eating patterns. It's the total amount and types of foods you eat over several days that make the difference. Choose a variety of foods for their different combination of nutrients.

For instance, yogurt and milk are great sources of

calcium for your bones, while a chicken leg or baked beans deliver iron for your blood. Even foods within a food group have somewhat different nutrients. A mango, for instance, has different nutrients than a banana. So be smart: Enjoy all kinds of food.

LOOK AT THE CHART BELOW. It shows a variety of foods within different food groups. The way the words are written tells you how much fat the food has. (The key will help you figure out which foods have different amounts of fat.) Eat many kinds of foods. Balance out higher fat food choices by eating lower fat foods over several days.

KEY	NO OR LITTLE FAT	Some Fat	HIGHER FAT
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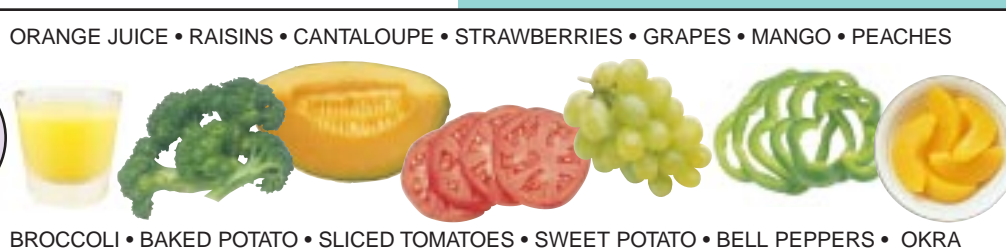
Eat LESS
Fats, oils and sweets add extra calories and provide little or no nutrients.



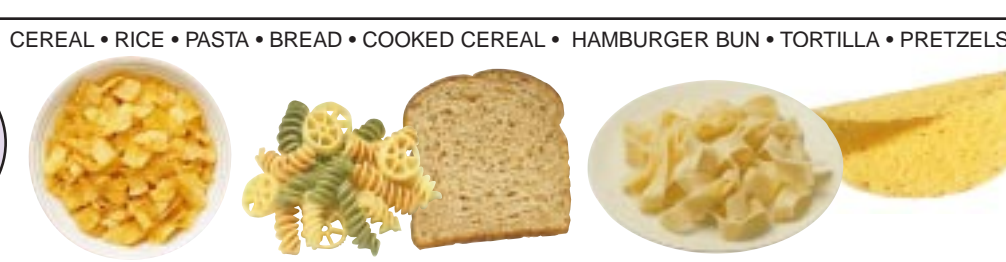
Eat ENOUGH
low fat dairy foods for calcium and enough lean meats or beans for iron.



Eat MORE
fruits and vegetables than you're used to eating.



Eat PLENTY
breads, cereals, rice, and pasta as your best foods for energy.



TRY DIFFERENT FOODS FOR THEIR GREAT TASTES. **Variety**

Eating a variety of foods boosts your chances of getting the many nutrients your body needs to grow strong and healthy. Make variety the spice of your life. Try a new food today!

EAT ALL KINDS OF FOOD, JUST GO EASY ON THE AMOUNTS. **Moderation**

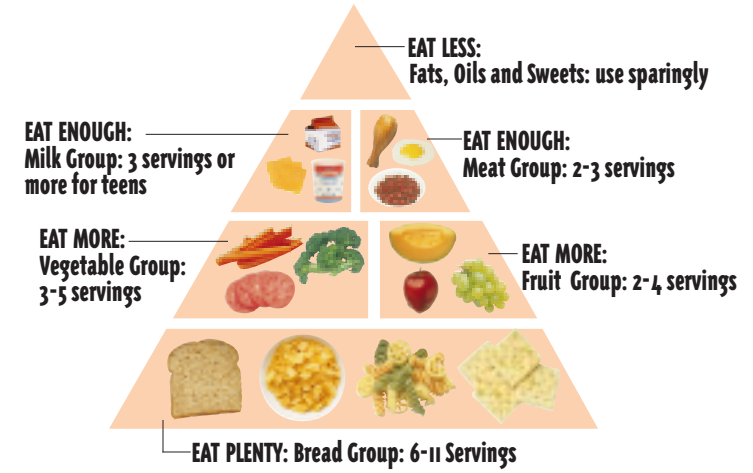
You don't need to measure everything you eat. However, watching how much you eat helps you see if you're getting enough variety and not overdoing it on any one specific food or food group. Choose foods most often that are lower in fat and sugars.

MAKE FOOD CHOICES COUNT OVER SEVERAL DAYS. **Balance**

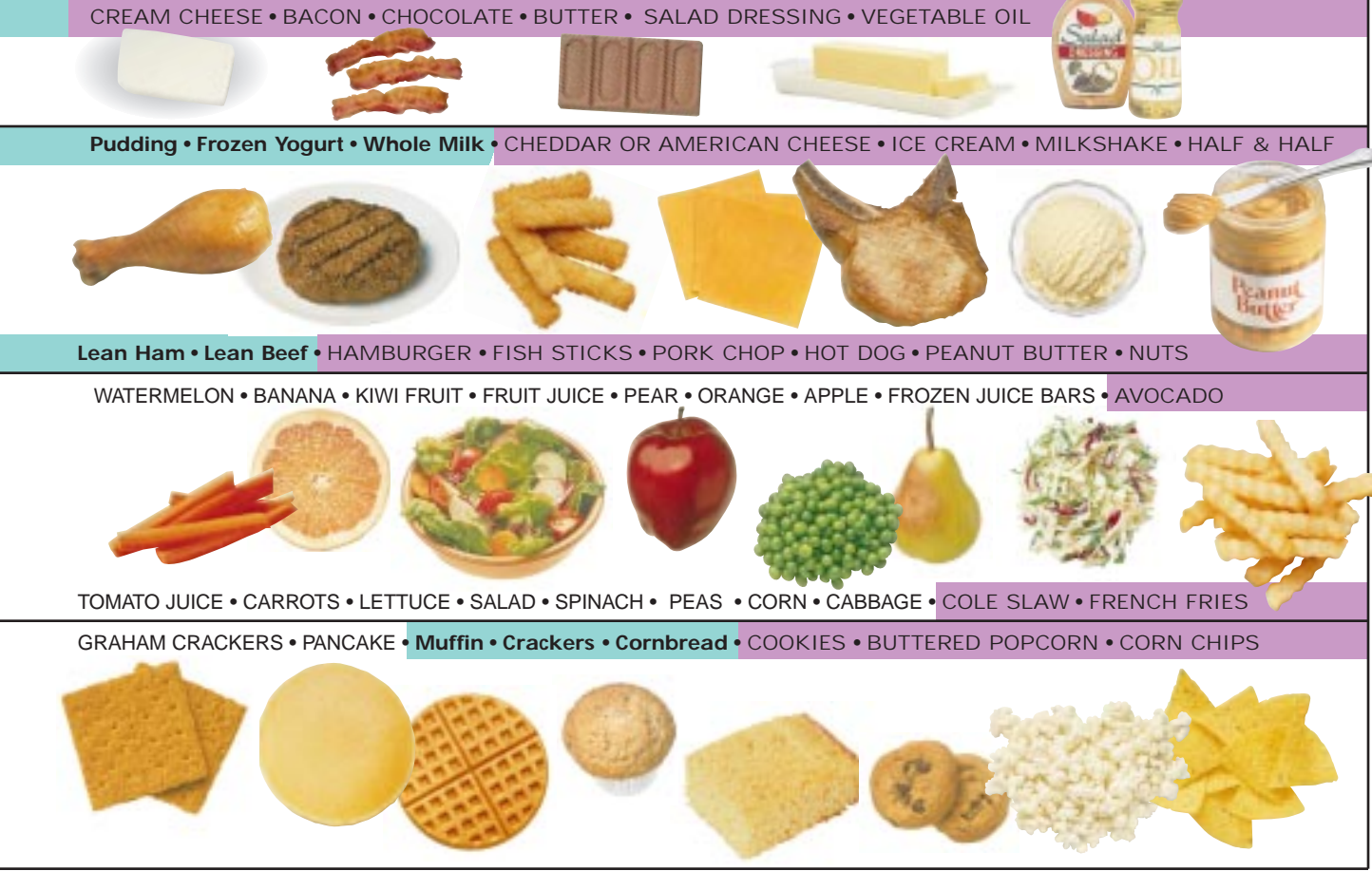
Balancing food choices over several days helps you get enough of the nutrients you need. Try to eat enough servings from the Pyramid each day. If you come up short one day—just make up for it the next day.

How Much Should You Eat?

Smart eating is part of growing healthy! It's easy to be a smart eater if you use the Food Guide Pyramid. For good health, eat at least the smallest number of servings from all five major food groups each day. For some food groups you need more servings than others.



Choose Less Often Foods Higher in Fat



FOOD MODELS courtesy of the National Dairy Council®