

# Being healthy is a BIG Deal!



Being healthy is a big deal. Eating healthy foods and being active are good for you and your family. Here are a few tips.

- 1. Eat breakfast every day! Breakfast gives you energy.**  
It can help you at school and at play.
- 2. Eat healthy foods. Try fresh fruits like apples and oranges.**  
Eat vegetables like broccoli and carrots
- 3. Try not to eat too much fast food, like pizza and french fries.**
- 4. Drink healthy drinks like water or milk. Try milk that is low in fat or fat-free. Try not to drink sugary drinks like soda.**
- 5. Help your family shop for food. Ask if you can help fix a meal! Remind your family that it is important for everyone to eat healthy foods.**
- 6. Get active! Turn off your TV. Take a break from video games.**
- 7. Play outside with your family, friends, or your pet.**  
Kick a soccer ball around or jump rope. Just get moving!

Talk to your family about being healthy and having fun. Ask an adult in your family to call and order a free activity kit with information that can help.



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## TO GET YOUR FREE KIT, CONTACT:

Weight-control Information Network: 1 WIN Way, Bethesda, MD 20892-3665

TOLL-FREE NUMBER: **1.877.946.4627**

EMAIL: **WIN@info.niddk.nih.gov**

INTERNET: **www.win.niddk.nih.gov**