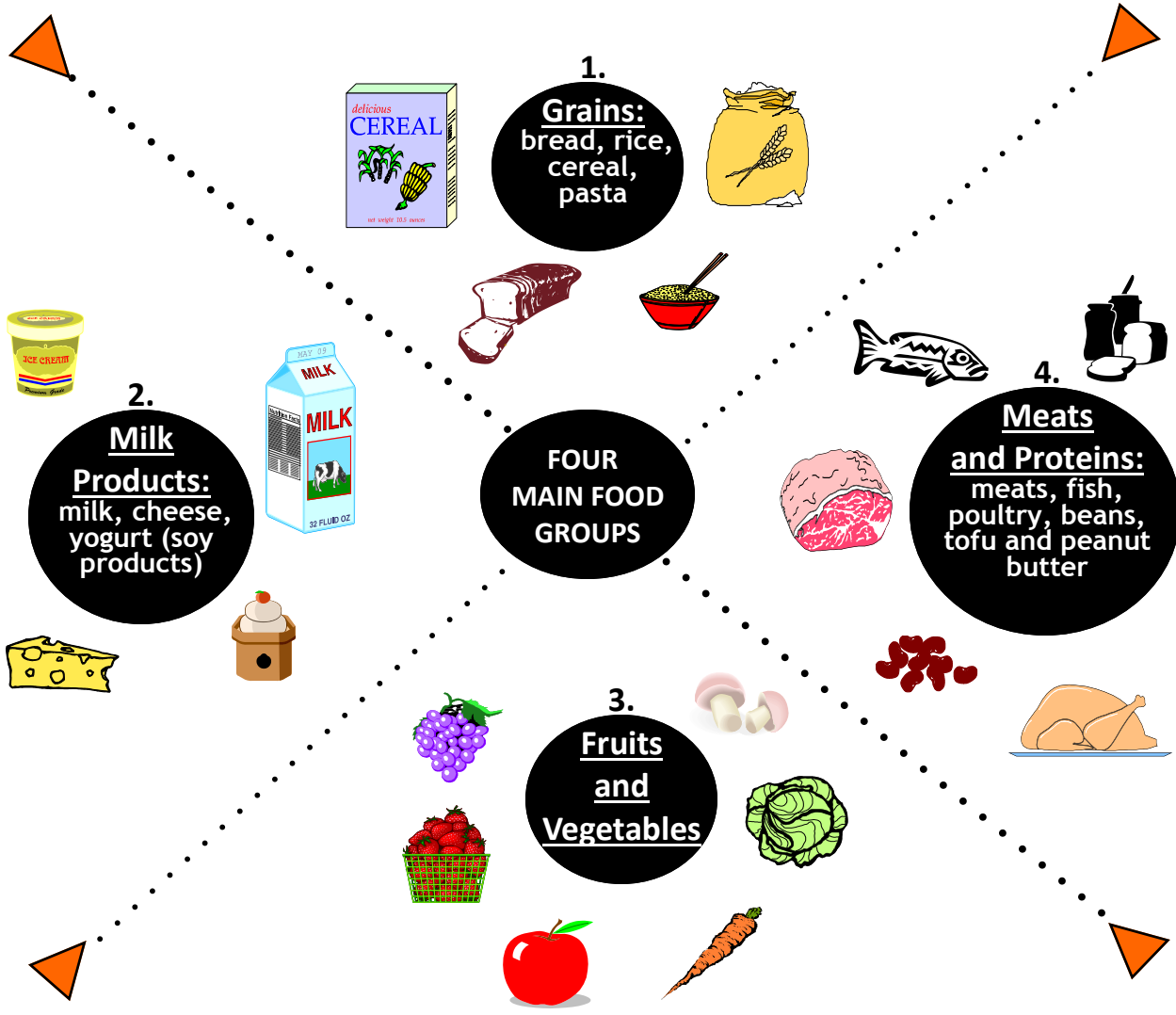


# Healthy Eating

For youth growing and developing, healthy eating includes eating a number of different foods from the four main food groups:



How many servings of each food group should you have each day:

- 1. Grains: \_\_\_\_\_
- 2. Milk Products: \_\_\_\_\_
- 3. Fruits & Vegetables: \_\_\_\_\_
- 4. Meats & Proteins: \_\_\_\_\_

Check to see which foods you should not have in your diet!