





## My Bright Future

### 5 ways to healthy eating

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1. Eat breakfast in the morning for an energy boost.
  2. Eat at least 2 servings of fruit and 3 servings of vegetables each day. Try many colors and kinds.
  3. Eat a variety of foods from all food groups to meet your body's needs.
  4. Choose healthy snacks like low-fat or non-fat milk and yogurt or fruit.
  5. Eat foods that contain calcium, iron, and folic acid.

### 5 ways to choose to move

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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 with more physical activities.
  4. Stretch and strengthen your arms and legs every day.
  5. Dance to the radio, or while listening to CDs – it's fun and good for your heart.

\*Try to get at least 60 minutes of moderate physical activity each day.

# Why are these nutrients important for me?




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

**Calcium:** *Builds healthy bones and teeth.*

**Folic acid:** *Builds healthy blood and body proteins.*

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



Important nutrients	How to get them
Calcium	Low-fat or non-fat milk and milk products like yogurt or cheese. Check the food label for calcium-fortified orange juice, cereals, bread, soy milk, or soy-based beverages.
Folic acid	Oranges, orange juice, dark green leafy vegetables. Check the food label for folic acid -fortified cereals.
Iron	Lean meats; shellfish such as shrimp; ready-to-eat cereals with added iron; spinach; cooked dry beans, peas, and lentils; enriched and whole grain breads.

## For more information

Bright Futures for Women's Health and Wellness  
[www.hrsa.gov/womenshealth/brightfut.htm](http://www.hrsa.gov/womenshealth/brightfut.htm)

4 Girls Health [www.4girls.gov](http://www.4girls.gov)

The National Bone Health Campaign  
[www.cdc.gov/powerfulbones](http://www.cdc.gov/powerfulbones)

VERB Campaign [www.verbnow.com](http://www.verbnow.com)

Milk Matters [www.nichd.nih.gov/milk/kidsteens.cfm](http://www.nichd.nih.gov/milk/kidsteens.cfm)

