

Principles of Healthy Living



Drink Water!

Make water the main choice for your drink. Sugary drinks are filled with empty calories because they provide many calories but almost none of the nutrients the body needs to stay healthy and grow strong.



Choose Fruits and Veggies Instead of Junk Food—Go for Color!

Rather than eating sugary, salty, fried, and fast food, fill half your plate with fruits and vegetables at every meal and choose them as snacks. Eating five servings each day is a good goal, and more is always better. Try a variety of colors—red, orange, yellow, green, blue, and purple.



Get Whole Grains and Sack the Sugar!

Choose healthy whole grains without added sugar for flavor, fiber, and vitamins. Limit sweets, which are filled with sugar and contain almost nothing good for you.



Keep the Fat Healthy!

We need fat in our diets, but not all types of fat are good for us. Our bodies like the healthy fat that tends to come from plants, found in foods such as olive oil, vegetable oil, nuts, and seeds. Our bodies do not like unhealthy fat, which comes from foods high in saturated fat (usually found in animal products such as red meat and dairy) and especially foods with trans fat (which may be found in fast food and store-bought cookies). Of the unhealthy fat, trans fat is the worst and should be avoided.



Start Smart With Breakfast!

Eating breakfast helps you focus on schoolwork and gives you energy to play. A breakfast with whole grains and colorful fruits and veggies is a great way to start your day!



Keep Moving!

Being active is a very important part of healthy living. Choose a variety of activities that you enjoy—whatever gets your body moving for at least an hour a day!



Freeze the Screen!

Watching TV, playing video games, or playing on the computer keeps your body still. You don't move much at all when you're looking at any type of screen, whether it's a computer, smartphone, or TV. When you're out of school, remember: Keep screen time as low as it can go, and never let it add up to more than two hours per day.



Sleep Well!

It takes a lot of energy to work hard in school, eat well, and stay active, which is why it's important to get enough rest to stay charged! Try to get 10 hours of sleep every night to refuel for the next day.

From L.W.Y. Cheung, H. Dart, S. Kalin, B. Otis, and S.L. Gortmaker, 2016, *Eat Well & Keep Moving*, 3rd ed. (Champaign, IL: Human Kinetics).