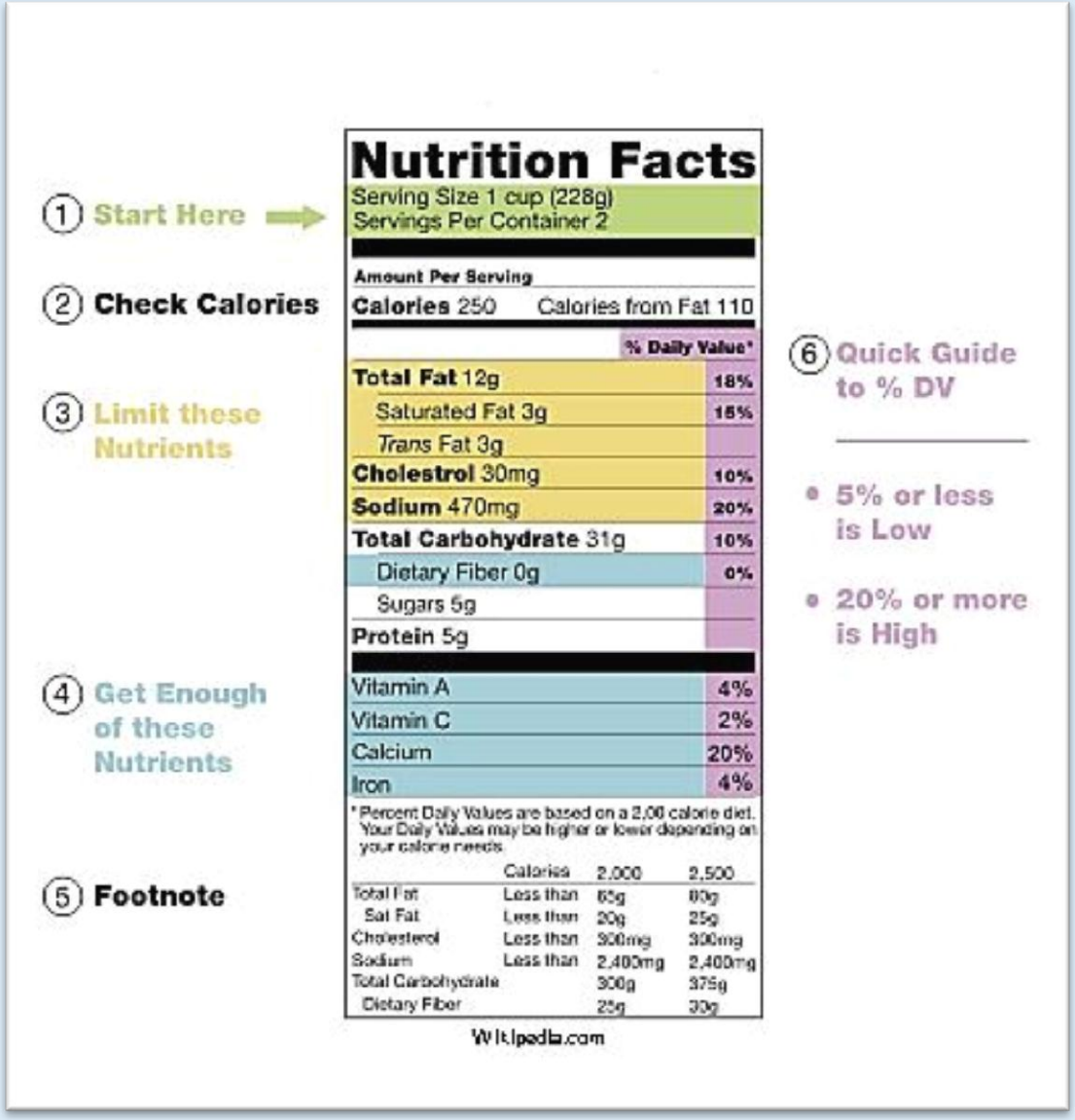
Fresh and Tasty Eating

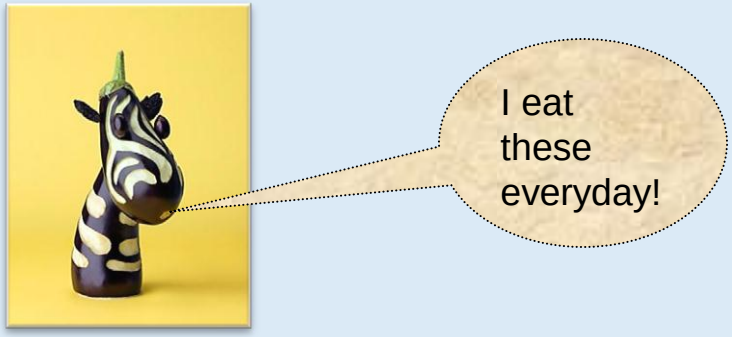
http://www.mymodernmet.com/profiles/blogs/cute-crazy-vegetable-faces


I TASTE BETTER THAN YOU!
NAH-UH! I TASTE BETTER AND I'M SUPER NUTRITIOUS!

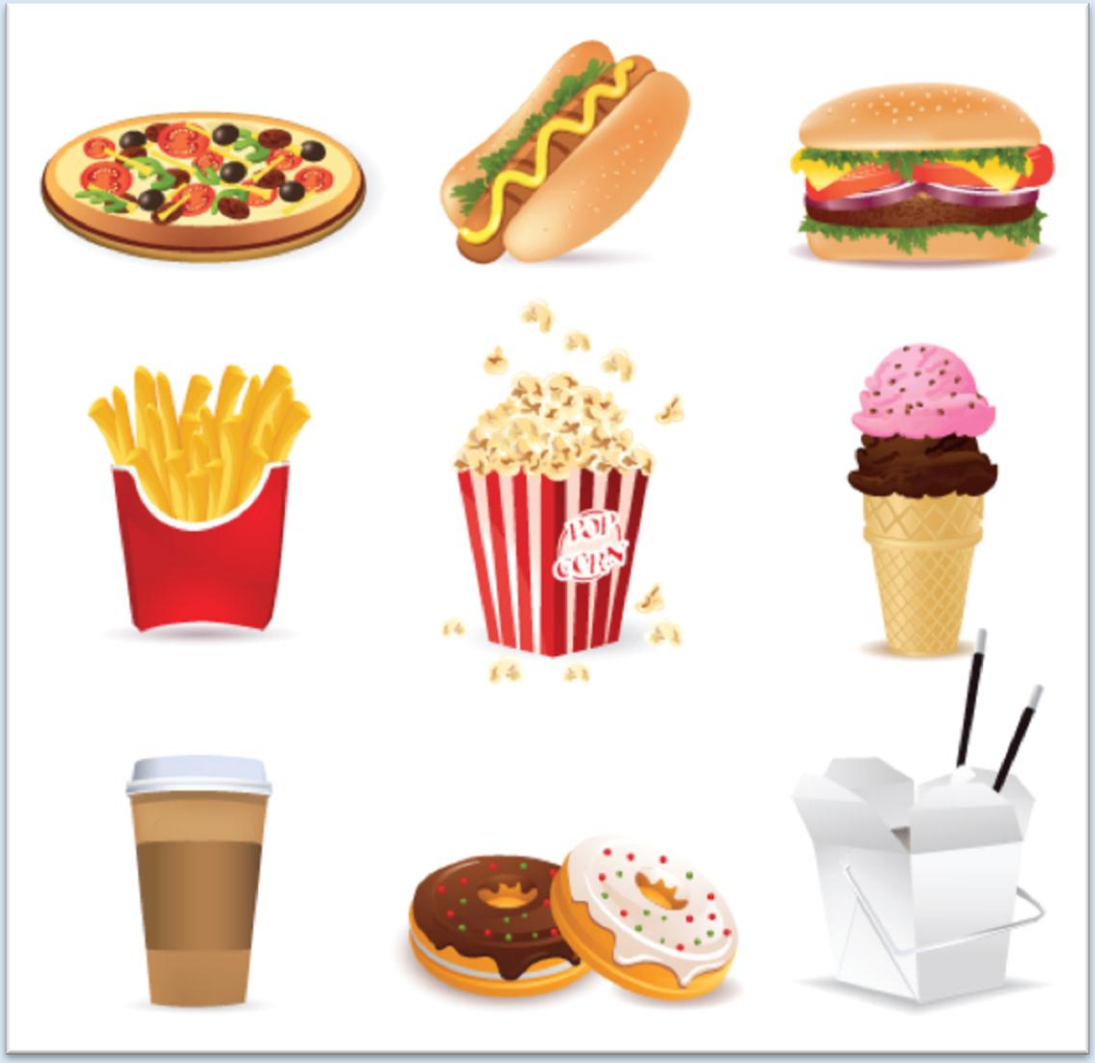
Learn Your Labels



Eat More of These Foods



Eat Less of These Foods



Watch Your Portion Size

Bagel

3-inch diameter
140 calories

6-inch diameter
350 calories

Calorie difference: 210 calories

Cheeseburger

333 calories

590 calories

Calorie difference: 275 calories

Soda

6.5 ounces
85 calories

20 ounces
250 calories

Calorie difference: 165 calories

French Fries

2.4 ounces
210 calories

6.9 ounces
610 calories

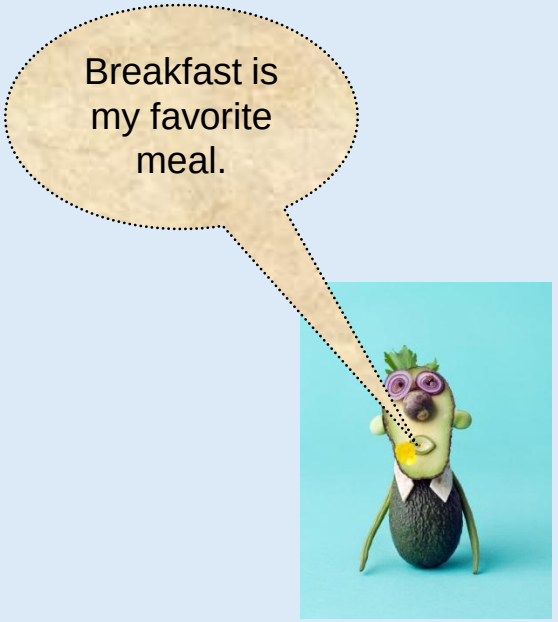
Calorie difference: 400 calories

Drink More Water, Less Soda

Eat With Family and Friends

Eat the Colors of the Rainbow

Eat Breakfast Every Day!



Balance Your Plate