



Tips for Tracking "Energy In"

The "Energy In" Tracker asks you to make healthy choices about the foods you eat. After all, you know that your food and physical activity choices each day affect how you feel today, tomorrow and in the future. The chart below shows you how you can balance foods from the Five Food Groups every day.

Grains



5 servings

**Carbohydrates,
Fiber**

*Provides energy and
aids digestion*

- Eat whole grain breads, tortillas, pasta and rice.
- Read the ingredient list on cereal and snack packages. Choose the ones with whole grains at the beginning of the list.
- Eat whole grain snacks like baked tortilla chips or popcorn.

Vegetables



4 servings

**Vitamin A,
Vitamin C**

*Helps you see in the
dark and promotes
healthy skin*

- Order a veggie pizza with toppings like broccoli, green peppers or onions. Ask for extra veggies.
- Eat a green salad for dinner.
- Eat colorful vegetables like celery sticks, baby carrots and green pepper slices with dinner or for snacks.

Fruits



3 servings

**Vitamin C,
Vitamin A**

*Helps to heal cuts and
bruises and fights
infection*

- Top your cereal with bananas or peaches. Add blueberries to pancakes. Make sure you choose juice that is 100% fruit juice.
- Always pack a fruit for lunch.
- Eat cut-up fruit for a snack or dessert.

Milk



3 servings

**Calcium,
Protein**

*Builds strong bones
and healthy teeth*

- Drink milk with lunch and dinner every day. Choose fat-free or lowfat milk.
- Have lowfat yogurt, pudding or fruit-yogurt smoothies for a snack.
- Have lowfat cheese on sandwiches, crackers, veggies and other foods.

Meat & Beans



2 servings

**Protein,
Iron**

*Builds strong muscles
and helps you grow*

- Try different foods from this group — don't forget about different kinds of beans!
- Choose lean lunchmeats like turkey and ham.
- Have nuts for a snack.



There is a great new system called MyPyramid that can help you make healthy choices about the foods you eat. You can learn more at www.MyPyramid.gov.

Information adapted from MyPyramid.gov