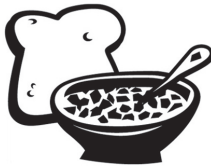


Tips for Tracking "Energy In"

The "Energy In" Tracker asks you to make healthy choices about the foods you eat. After all, you know your food and physical activity choices each day affect how you feel today, tomorrow and in the future. The chart below shows you how to 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 foods with whole grains at the beginning of the list.
- Eat whole grain snacks like whole grain crackers or popcorn.

Vegetables

4 servings



**Vitamin A,
Vitamin C**

Helps you see in the dark and promotes healthy skin

- Order vegetables on your pizza like broccoli, green peppers, tomatoes or onions. Ask for extra vegetables.
- Eat a green salad for dinner.
- Eat colorful vegetables like baby carrots and red, yellow or 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 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 low-fat milk.
- Have low-fat/fat-free yogurt, pudding or fruit-yogurt smoothies for a snack.
- Have low-fat/fat-free cheese on sandwiches, crackers, vegetables 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 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