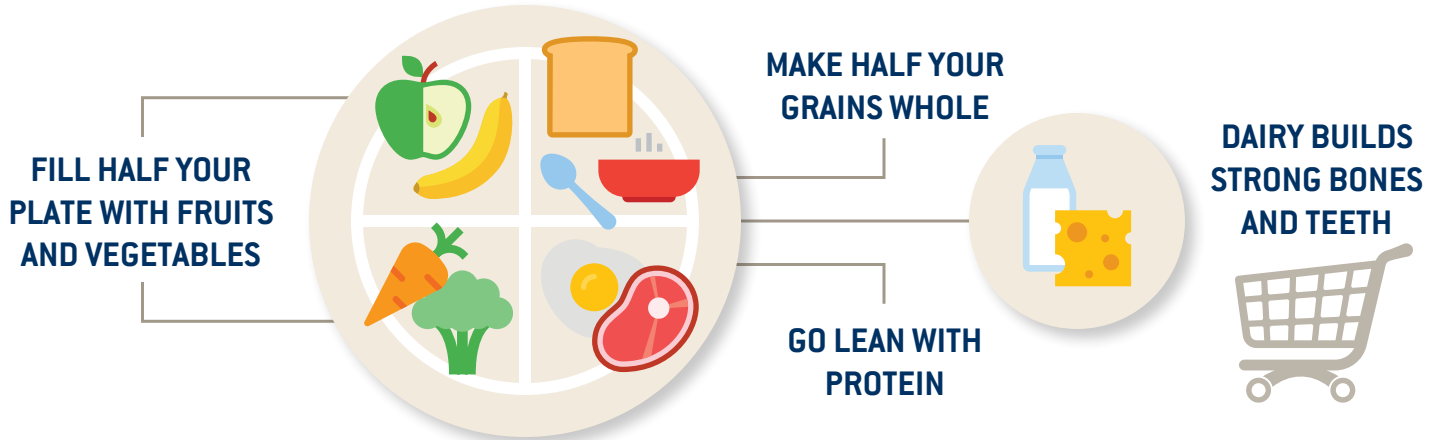


All Star Healthy Habits!

HEALTHY EATING IS THE KEY TO A HEALTHY BODY!



FRUITS & VEGETABLES

Choose whole fruits and vegetables to get added fiber to fill you up.

If drinking juice, look for 100% fruit or vegetable juice to reach your Healthy Habits goals.

Remember to pick a variety fruits and vegetables so you can eat all the colors of a rainbow.

WHOLE GRAINS

Whole grains have fiber to fuel our bodies and keep us full.

Look for whole-wheat or another whole grain as the **FIRST** ingredient on a package to know you are eating whole grains.

Choose foods like popcorn, brown rice, whole wheat crackers and oatmeal to build your plate with whole grains.

LEAN PROTEIN

Protein is the building block of our muscles, keeping our bodies strong.

Look for lean proteins from animals like meat, poultry, seafood, and eggs.

Plants like beans, nuts, seeds and soy products are also lean proteins and should also be included in a well-balanced diet.

DIRECTIONS

1. Become an All-Star Eater by making healthy choices for your body. Fuel up each day by eating a rainbow of fruits and vegetables and getting physically active. Use the **Tracker** on the back of this page to record when you make healthy choices!

- ▶ Place an **X** on the **Tracker** for each **VEGETABLE** you eat. **Try to eat 3 per day!**
- ▶ Place an **X** on the **Tracker** for each **FRUIT** you eat. **Try to eat 2 per day!**
- ▶ Place an **X** on the **Tracker** for every 30 minutes of physical **ACTIVITY**. **Try to exercise for 30 minutes per day!**
- ▶ Keep track of your healthy habits for a whole month to become a Healthy Habits All-Star!



Player: _____

League: _____

Coach/Team: _____

Age: _____ Grade: _____

BE IN THE KNOW! RedbirdRookies.org


All Star Healthy Habits Tracker

MONDAY **TUESDAY** **WEDNESDAY** **THURSDAY** **FRIDAY** **SATURDAY** **SUNDAY**

WEEK 1

  	  	  	  	  	  	  
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WEEK 2

  	  	  	  	  	  	  
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WEEK 3

  	  	  	  	  	  	  
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WEEK 4

  	  	  	  	  	  	  
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