

A healthy plate includes 4 equal parts: protein, grains, fruits, and vegetables.

## WATER

is essential to your health. Ditch the soda and always carry a water bottle with you.



**PROTEIN** makes your muscles and body strong. Eat a variety each day and a portion about the size of your palm for each meal. Examples: lean meat, fish and other seafood, tofu, eggs, Greek yogurt, nuts and beans.

**FRUITS** provide important vitamins and nutrients for your body's daily functions, good blood pressure and long-term health. Examples: apples, bananas, oranges, grapes, melons, berries, dried fruits and 100% fruit juice.

**OILS** (or fats) are healthy in small amounts. Examples: cooking oils, salad dressings, and food such as nuts, fish, avocados, and peanut butter.

Special Olympics Texas  
**Healthy Communities**



## DAIRY

helps keep your bones and teeth strong. Choose low-fat dairy.



**GRAINS** give your body energy. Replace white bread and rice with 100% whole grains (the darker, the better). Examples: whole grain bread, muffins, oats, muesli, quinoa, popcorn, whole wheat pasta and brown rice.

**VEGETABLES** fuel your body with vitamins and nutrients. They are low in calories, fat and cholesterol, and reduce your risk of heart disease and cancer. Examples: spinach, kale, broccoli, sweet potatoes, peppers, carrots, corn, squash and peas.

*Special*  
**Olympics**  
Texas



# TOP TIPS

TO BE THE BEST ATHLETE YOU CAN BE

## MOVE FOR 30 MINUTES:

Spend at least 30 minutes moving every day! Play a game, exercise, practice a sport, or take a walk. Stretch afterward.



## DRINK WATER, NOT SODA:

Replace soda with water. Carry a water bottle with you throughout the day.



## HAND-SIZED PORTION:

Eat a portion of each food (especially protein) about the size of the palm of your hand.



## EAT A VARIETY:

Mix it up! Different colors, textures and tastes mean a variety of vitamins and nutrients for your healthy body.



TODAY I...



MOVED/  
EXERCISED



STRETCHED



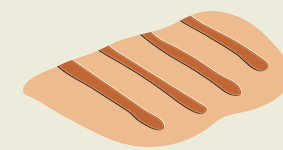
DRANK  
WATER



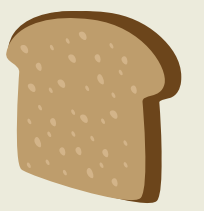
ATE  
VEGGIES



ATE  
FRUIT



ATE  
PROTEIN



ATE  
GRAINS

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