

HEALTHY FOOD FOR HEALTHY CHILDREN

- Children need the same healthy food as adults but in portions appropriate for their age.
- Give your children a variety of food every day, including whole grains, fruits and vegetables, milk and other dairy foods, and meat, seafood, or beans.
- Limit the amount of sugary drinks and sweets your children eat.
- Limit the amount of high fat foods, such as chips, cakes, cookies, and fried foods, that your children eat.
- Children need to drink milk for strong bones and teeth.
- **Eating healthy food helps children stay healthy and strong, do better in school, and avoid becoming overweight.**

