Add sliced fruits and sprigs of herbs to water for some flavor.

NO SUGAR Necessary!

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Omega-3 fatty acids in fish help reduce heart diseases.

Choose fatty fish like:

Salmon * Mackerel

Herring * Lake trout

Sardines * Albacore tuna

fresh, frozen, or canned.

*eat about 8 ounces a week

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Daily recommendation for 100% juices are NO MORE than

- *4-6 ounces for children*
- *Up to 8 ounces (1 cup) for adults*

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CHEESE

Good sources of protein & calcium

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Healthy Meat Guide

Lean BEEF cuts:

- Round steaks & roasts
- Top loin
- Top sirloin
- Chuck shoulder & arm roasts

Lean pork cuts:

- Pork loin
- Tenderloin
- Center loin
- Ham (rear of pig)

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<u>Quick tips</u>

- Buy ground meat labeled at least 90% lean
- Trim skin & fat before cooking

Hydrate with WATER!

Kids need 5 to 7 glasses per day.

Adults need 10 to 12 glasses per day.

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