Focus on 5 Food Groups Foods

Choose foods from all of the food groups to make sure you get all the nutrients your body needs to grow strong and healthy!

WHOLE GRAIN MONTH!

Make Half Your Grains Whole

Eat more whole grains such as whole wheat bread, pasta, oatmeal, and brown rice.
PROTEIN MONTH!

Go Lean with Protein

Choose from a variety of meat, poultry (chicken and turkey), fish, beans, nuts and seeds, tofu and eggs.

National School Lunch

A healthy lunch is everyone’s favorite part of the day. What’s your favorite part of school lunch?
MILK AND DAIRY MONTH!

Get Your Calcium Rich Foods

Choose fat-free and low-fat milk, yogurt and cheese to help build strong bones and teeth.

VEGETABLE MONTH!

Eat a Variety of Vegetables

Choose from dark green, red and orange vegetables everyday. Vegetables give our bodies lots of fiber and vitamins A, C and E!
Focus on Heart Smart Eating

A balanced eating pattern with foods from all five food groups is key to keeping our hearts strong and healthy.

Wake Up to School Breakfast

It is important to eat a balanced breakfast every day to get the different types of nutrients that keep our bodies healthy!
FRUIT MONTH!

Eat a Rainbow of Color of Fruit!

Fruits are important sources of vitamins and minerals like fiber, vitamin C and folate. Vitamin C helps keep your teeth and gums healthy!

PHYSICAL ACTIVITY MONTH!

60 Minutes of Play a Day!

Daily physical activity helps keep your body healthy, and your heart strong. Plus it helps you build strong muscles and bones!