

Milk supplies calcium and other nutrients to help you stay healthy. Drink 3 to 4 glasses every day for a strong and hard-working body.



VITAMIN A:
Assists with normal vision

CALCIUM:
Builds strong bones and teeth

PROTEIN:
Grows and builds muscles and other tissues

PHOSPHOROUS:
Generates energy in cells and strengthens bones

POTASSIUM:
Helps your muscles move and contract and keeps blood pressure in balance

WATER:
Maintains body temperature and carries nutrients and oxygen to cells

VITAMIN D:
Absorbs and deposits calcium and phosphorous in your bones and teeth

NIACIN AND RIBOFLAVIN:
Help cells produce energy

VITAMIN B-12:
Produces red blood cells

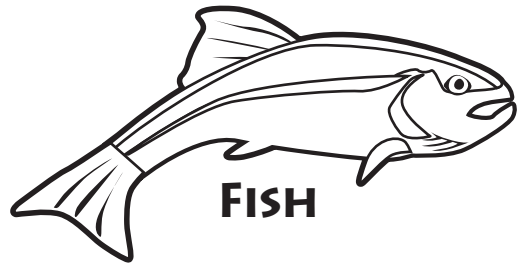
CARBOHYDRATES:
Produce energy to fuel your muscles



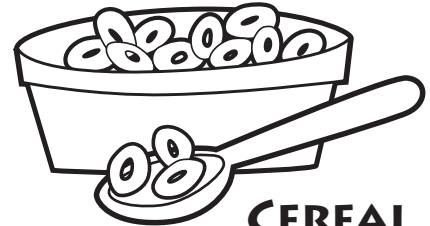
HEALTHY CHOICES FOR MYPLATE

Check out these healthy choices for eating and growing strong!

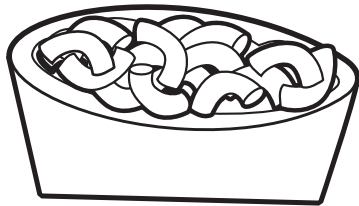
- Use yellow to color 6 foods from the grain group.
- Use green to color 2 vegetables.
- Use red to color 3 fruits.
- Use blue to color 3 dairy foods.
- Use brown to color 2 foods from the meat group.



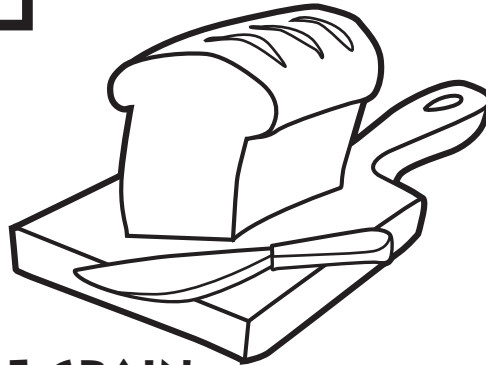
FISH



CEREAL



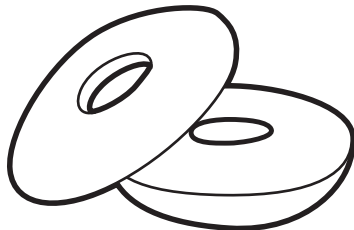
PASTA



WHOLE-GRAIN BREAD



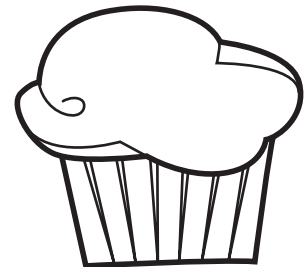
CORN



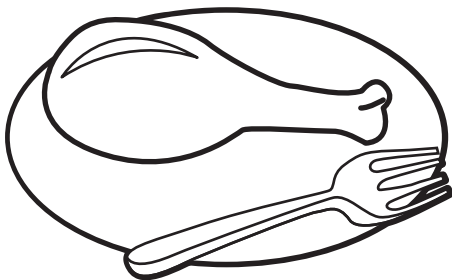
BAGEL



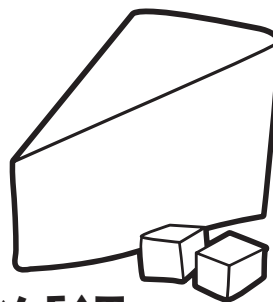
CARROTS



LOW-FAT MUFFIN



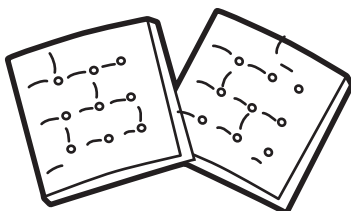
CHICKEN



LOW-FAT CHEESE



GRAPES



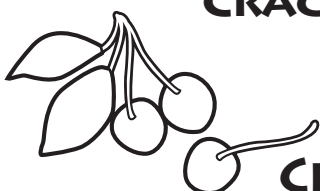
CRACKERS



APPLES



YOGURT



CHERRIES