Fueling Up is as Easy as 1-2-3

1st
Start Your Day with Breakfast
- Helps your brain stay focused on learning
- Helps you build healthy eating habits
- Improves your mood
A complete breakfast includes at least 3 of the 5 food groups.

Enjoy
Nutrient-Rich Snacks
Snacks give your body extra nutrients it needs to grow, move, and stay energized between meals. Snacks should include 2 or more food groups, and remember, serving size matters too!

Eat
Balanced Meals with Milk
Divide your plate:
- Fill half your plate with fruits & vegetables
- Add grains and protein to the other half...
- ...And don't forget the milk!
Choosing foods from all 5 food groups gives your body the nutrients it needs to grow and be healthy.

Milk
@ every meal!

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