

Kid's Nutrition



Protein at Every Meal

Making sure you eat enough protein is very important to keep you growing up strong and to keep you from getting sick! Eat foods like lean meats, eggs, dairy, nuts, and beans at every meal.



Drink Lots of Milk

Milk contains lots of vitamins, minerals and protein that help with growth and development. Try to drink at least one 8 oz glass per day.



Drink Less Sugar

Replace half of your sugary Capri Sun or juice drinks with water. Also try to drink at least 8 glasses of water per day to stay hydrated!



Eat More Fruits and Veggies

Replace your salty snacks with fresh fruits and veggies. Make your plate as colorful as possible by eating a wide variety of fruits and veggies.



Don't Skip Breakfast

Eating a balanced breakfast with protein helps you do well in school and stay focused during the day!



Work It Out!

Spend at least one hour a day playing outside, running, dancing, swimming or playing sports. Cut back on how much TV you watch.