## I eat healthy food.

When I eat right, it gives me energy, helps my brain work better, and helps me feel happy.

- It is healthy for me to choose foods that are low in fat, salt, and sugar.

- I try to eat home-cooked meals and meals prepared at school.

- It's good to eat different foods on different days.

- I should try to eat meals around the same time each day. When I eat, I try not to overeat.

- It is important for me to try to eat healthy snacks instead of foods that are not good for me.

- Healthy snacks include fruits, vegetables, whole grain snacks, and healthy drinks like water and low fat milk.

- Food and drinks like potato chips, candy, and soda are not good for me to eat.

- I can try different healthy foods to see if I like them. Sometimes I have to try a food many times before I like it.

**RWJBarnabas HEALTH**

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