

Healthy Habits



TRY NOT TO EAT TOO MANY:

1. High-fat foods like hamburgers, fries, pizza, chicken nuggets, and chips
2. High-sugar foods and drinks, like sodas, sports drinks, ice-cream, cookies, cake, and candy
3. Foods, snacks, and drinks made with high fructose corn syrup and bleached white flour
4. Food items with chemicals, colors, and other fake ingredients. Read the labels! If you can't pronounce an ingredient, avoid the product, because it's probably not healthy!

WHY ARE THE INGREDIENTS UNDERLINED IN RED NOT HEALTHY?

BECAUSE THEY DON'T LET YOUR BRAIN AND YOUR BODY BE HAPPY AND FUNCTION THE WAY THEY SHOULD! IF YOU REDUCE THE ABOVE ITEMS, YOU WILL FEEL HAPPIER, HAVE MORE ENERGY, BE HEALTHIER, AND HAVE BETTER MEMORY AND SCHOOL PERFORMANCE.

EAT LOTS AND LOTS AND LOTS OF "GREEN LIGHT" FOODS:

FRUITS, VEGETABLES, WHOLE GRAINS (like whole wheat bread and brown rice), BEANS, NUTS, LOW-FAT YOGURT, MILK AND CHEESE.



READ THE INGREDIENTS ON THE BOX/BAG/PACKAGE OF THE FOODS AND DRINKS TO FIND OUT IF THEY ARE HEALTHY FOR YOU!