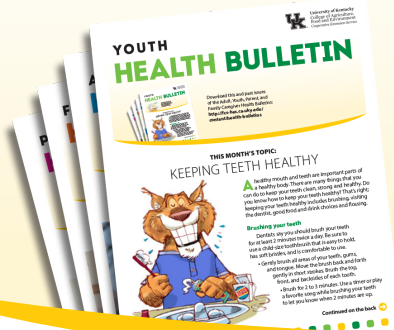




# YOUTH HEALTH BULLETIN



**FEBRUARY 2023**

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## THIS MONTH'S TOPIC:

# EATING A VARIETY KEEPS US HEALTHY



**Y**our body needs many different kinds of nutrients to grow and be its best! You can help your body feel good and grow big by eating a wide variety of foods that help different parts of your body. Variety means eating lots of different foods — not just the same things over and over. We all have favorite foods. But it is important that we eat more than just a few foods to stay healthy. Try adding new foods to the things you already like. Trying new foods can be fun and exciting. Ask a friend or family member about foods they like to eat. Maybe you will find a new favorite, too!

There are no “bad” foods to eat, unless you have a food allergy. But the foods that are in the groups below are really important for you to eat. These foods give your body the special ingredients it needs for all of the different parts of your body to work their best.

Continued on the next page ➔



# When you get to make food choices at home, at school, or out to eat, think about choosing foods from all of the groups!

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- **Fruits and vegetables:** There are so many different kinds of fruits and vegetables. Eating lots of different colors and kinds help your body get all the vitamins and minerals it needs! Vitamins and minerals help protect your body from disease. Can you name a fruit and vegetable for every color in the rainbow? Try to “eat the rainbow” as a part of your meals this week.
- **Grains:** Grain foods are bread, pasta, noodles, breakfast cereals, couscous, rice, corn, quinoa, polenta, and oats. These foods give your body energy to grow, play, and learn. Whole grains give your body longer-lasting energy. They keep you feeling fuller for longer, so they are the best choice.
- **Protein:** Protein-rich foods include lean meat, fish, chicken, eggs, beans, lentils, chickpeas, tofu, and nuts. These foods are important for your growth and muscles. These foods also have other useful vitamins and minerals that are important for your brain and learning.



- **Dairy:** Key dairy foods include milk, cheese, and yogurt. These foods are good sources of protein and calcium, which help build strong muscles and hard bones in your body. You can drink or eat these foods. It's easy to include them in your meals and snacks in many ways.

Different kinds of foods help your body do different things, so they are all important! Talk to your parents or caregivers about how you can help plan meals in your family. Try to include foods from all of the groups. When you get to make food choices at home, at school, or out to eat, think about choosing foods from all of the groups!

If you are looking for new recipes to include your meals at home, grab a grown-up and check out some great options that include ingredients from all of the food groups at [planeatmove.com/recipes](https://planeatmove.com/recipes).

#### REFERENCE:

<https://www.cdc.gov/healthyschools/nutrition/facts.htm>

ADULT  
**HEALTH BULLETIN**

#### Written by:

Katherine Jury, MS

**Edited by:** Alyssa Simms

**Designed by:** Rusty Manseau

**Cartoon illustrations by:**

Chris Ware (© University of Kentucky School of Human Environmental Sciences)

