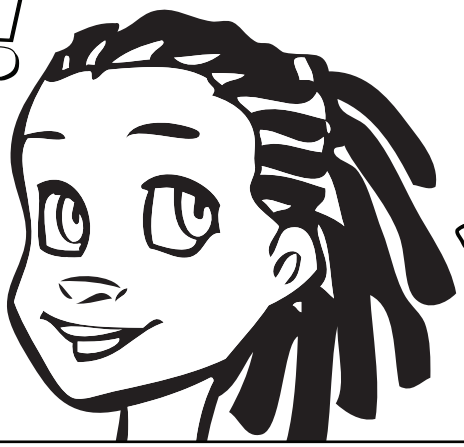
BAM! Body and Mind



Fuel Up

You've got choices. Give your body the right fuel.

Eat a Variety of Foods.

You need more:

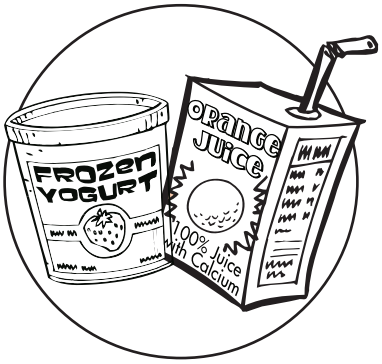
- Fruits
- Veggies
- Whole Grains (like whole-grain bread or cereal)
- Low-Fat Dairy (like yogurt, milk, and cheese)

Round out your diet with some:

- Protein (like lean meats and poultry, fish, beans, nuts, and seeds)

Quench Your Thirst.

Drink mostly water or low-fat milk and avoid soda.
A soda packs more than eight teaspoons of sugar—that's a lot of empty calories, not to mention what it can do to your teeth. Save soda for special occasions, not every day.



Snack Smart.

Pick healthy snacks that keep you revved up between meals.

- Fresh veggies like carrots or celery sticks
- Pretzels
- Low-fat yogurt
- Crackers—try graham crackers, animal crackers, or saltines
- Bagels
- Fig bars
- Fruit juice boxes—make sure you choose 100% pure fruit juice, or for an added boost, try juice with added calcium
- Small packages of trail mix
- Fresh fruits such as apples, bananas, oranges, grapes, or berries

Find out more on *BAM! Body and Mind*™ at www.bam.gov

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