



Food Is Fuel

Get ready to blast off!

You will pick the best fuel for
your rocket ride to the moon.



Imagine that your friends are having a picnic on the moon.

To get there, you need to choose the best fuel.
Which would you choose for your rocket?



orange juice



maple syrup



rocket fuel

If you pour orange juice into a rocket's fuel tank, the rocket will not take off.



If you use maple syrup for rocket fuel, the rocket will not start.



If you use rocket fuel, your rocket will make it to the moon in time for lunch!



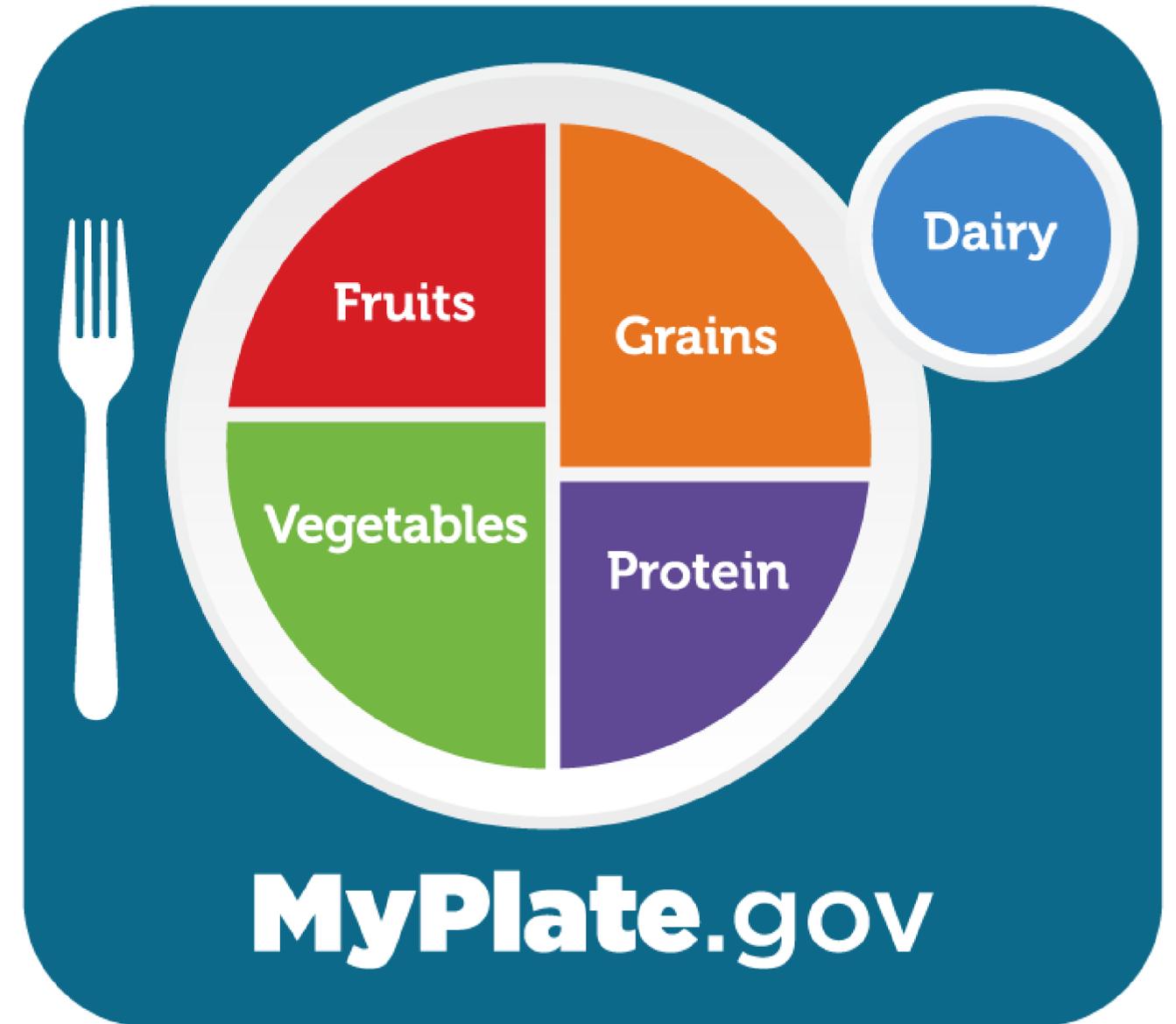
rocket fuel



Your Best Fuel

Just like rockets, your body needs fuel. The food you eat powers your body and brain.

Nutritious foods, like those on MyPlate, are your best fuel!



DON'T FORGET TO DRINK WATER. IT'S AN IMPORTANT FUEL, TOO!

Your Best Fuel

Think about your last meal. What did you eat to fuel your body?



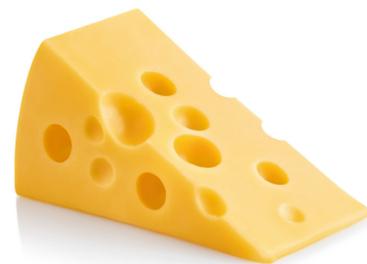
WHAT ARE SOME NUTRITIOUS FOODS YOU FUEL UP WITH?

Today's Choices

Think of your body as a rocket headed to the moon. What fuel will you choose at your next meal?



fruits



dairy



veggies



grains



proteins

Today's Choices

Print this poster and put it on your refrigerator at home to help you choose your best fuel.



Name _____

How to Build a Meal

Nutritious foods are the best fuel for powering your body and brain. Use the plate below to help build healthy meals all day long.

Fruit: 1/2 cup per meal

- apple (sliced, chopped, raw, or cooked)
- applesauce
- 1 small banana, peach, or orange
- 1 snack container of mixed fruit, pear, or pineapple (in natural juice)
- dried fruit (raisins, apricots, cranberries)
- 100% fruit juice (orange, apple, grape)
- berries (raspberries, strawberries, blueberries)
- melon (honeydew, cantaloupe, watermelon)

Dairy: 1 cup per meal

- low-fat milk
- low-fat yogurt
- cheese (hard, shredded)
- low-fat cottage cheese
- frozen yogurt

Vegetables: 3/4 cup per meal

broccoli	cucumbers	leafy greens (spinach, romaine, dark leafy lettuce) (cooked, raw, blended)
carrots	cauliflower	
tomatoes	mushrooms	
peas	beans (black, kidney, pinto, soy)	

Grains: 2 oz. per meal

2 slices of bread (whole-grain or wheat)	rice (brown, wild, enriched white)
1 English muffin	breakfast cereal (oat, wheat, corn, rice)
1 bag of popcorn	whole-wheat crackers
1 large tortilla	
pasta (whole wheat, enriched)	

Protein: 1 2/3 oz. per meal

2 slices of sandwich meat	beans (black, kidney, pinto, white)
1 egg	lean beef, pork, or ham
nuts (almonds, pistachios, walnuts, sunflower seeds, cashews)	chicken breast
nut butter	hummus

Sources: Based on daily intake recommendations (divided by 3) boys category, ages 9-13, for individuals who get less than 30 minutes per day of moderate physical activity, beyond normal daily activities.

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