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VITAMINS

FOR HEALTHY LIFE

BE HEALTHY!!!



To stay healthy we should...

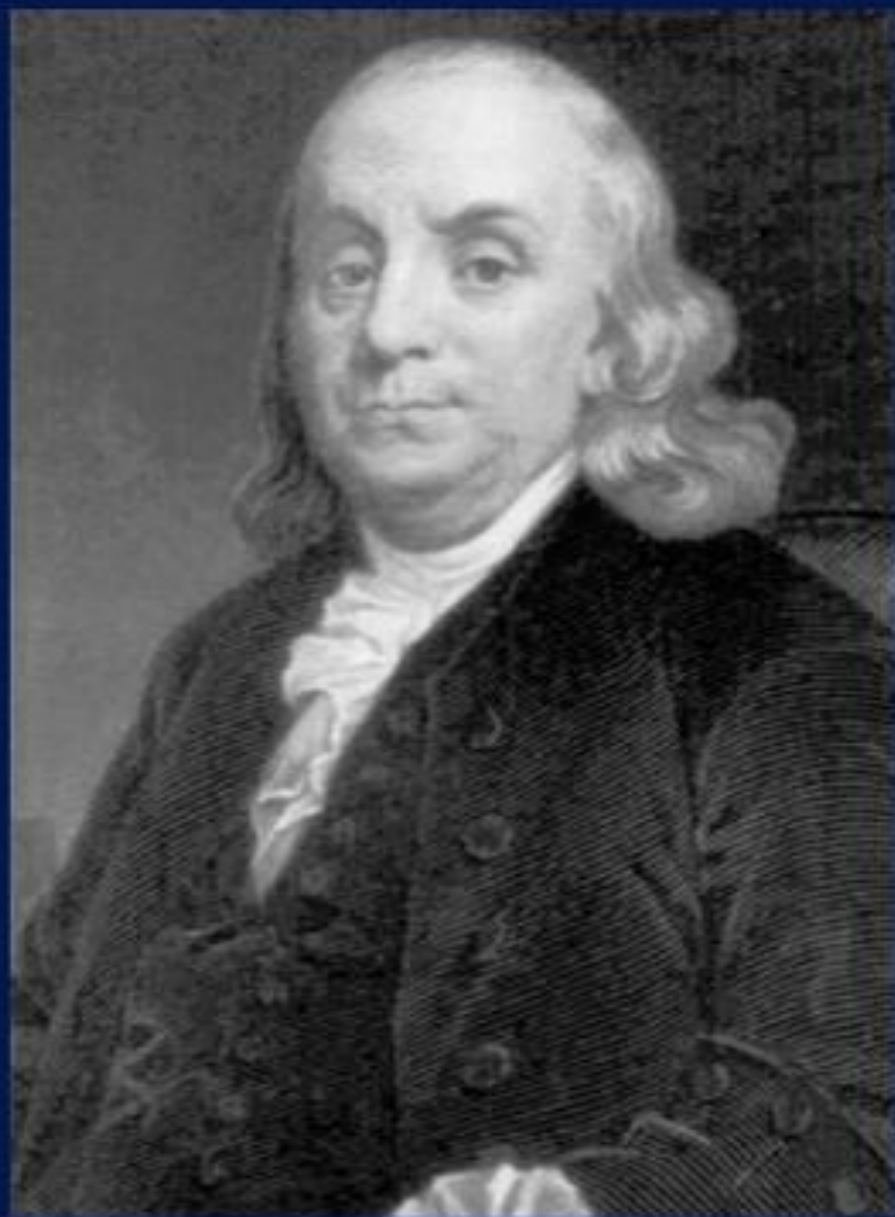


“Early to bed,
early to rise
makes a man
healthy,
wealthy,
and wise”

~

Benjamin Franklin

WWW.THEFEDERALISTPAPERS.ORG



SPORTS NUTRITION PYRAMID

**OILS & SWEETS
FATS,
USE SPARINGLY**
*Provides calories but
few vitamins and minerals*



MILK, YOGURT & CHEESE Group
2-4 Servings
*Packed with bone-strengthening calcium,
high-quality protein and essential electrolytes
like potassium that help regulate fluid balance*



**MEAT, POULTRY, FISH,
DRY BEANS, EGGS & NUTS Group**
2-3 Servings
*Provides muscle-building protein and vital vitamins
and minerals like iron*



VEGETABLE Group
3-5 Servings
*Check full of fiber and essential nutrients
such as vitamin A*



FRUIT Group
2-4 Servings
*Offers an endless array of nutrients
including potassium and disease-fighting
antioxidants such as vitamin C*



**BREAD, CEREAL,
RICE & PASTA Group**
6-11 Servings
*Provides your body's main source
of energy to fuel your activity*

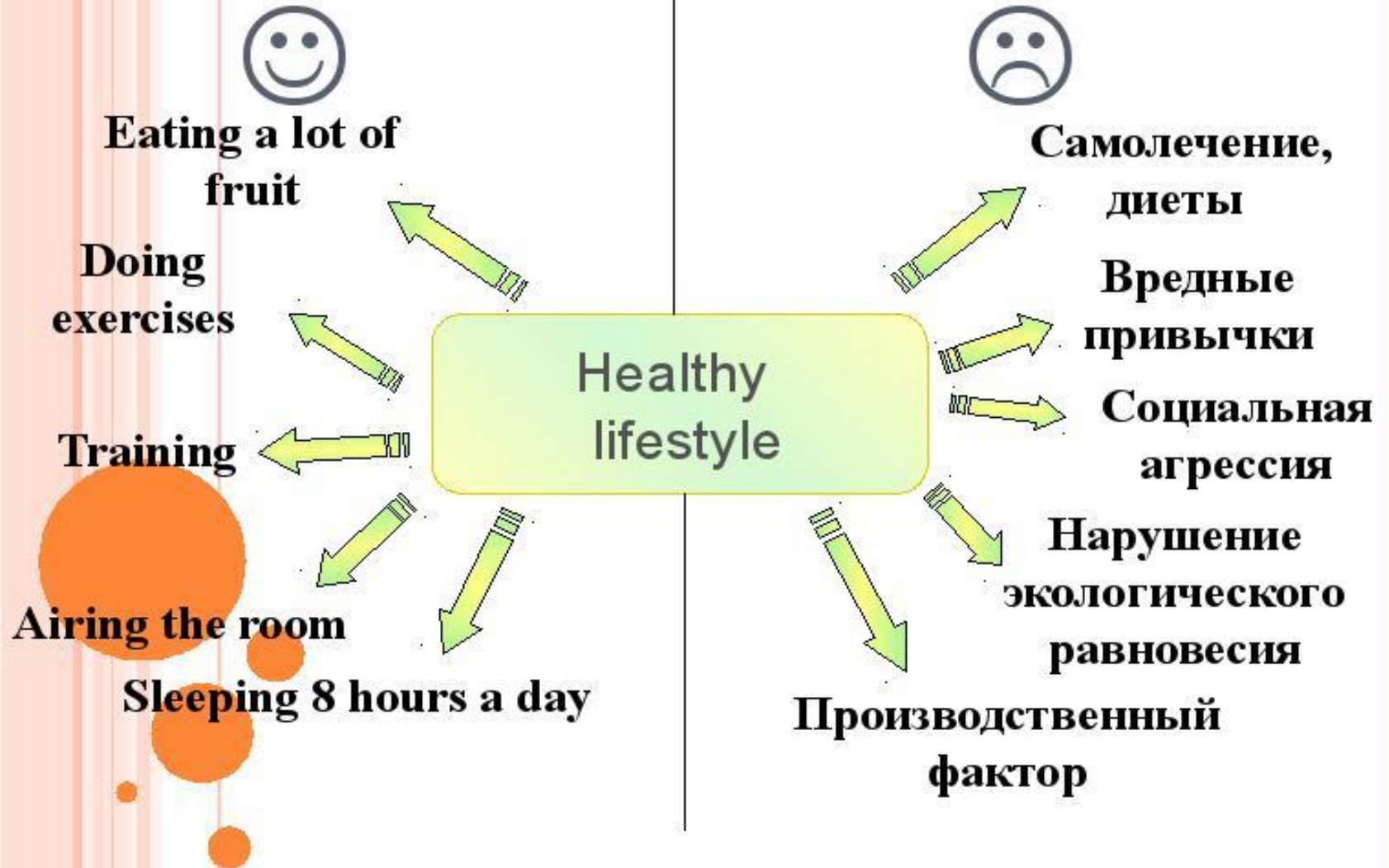


WATER*
8 Servings or More
Keeps you hydrated and cool so you can keep moving



*Fruit, milk and other caffeine-free beverages also help supply water and can count toward your daily goal

A GUIDE TO DAILY FOOD CHOICES FOR ACTIVE PEOPLE



Read and learn:



**To be healthy in your life,
Don't forget to do all five,
Get up early, quick and bright,
Exercise with all your might,
In the morning jump and run,
Eat your breakfast you've done,
Train your body, train your brain,
And all bad habits pass away.**



Thank you for your
attention!!!



PPt4WE