

# Color Your Lunch Tray!

Choose 3 or more food groups

Pick at least  $\frac{1}{2}$  cup fruit and/or vegetable



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Eating right and being active...

Comer bien y mantenerse activo...

It's as easy as...

Es tan fácil como...

5

servings of fruits and vegetables  
a day

porciones de frutas y verduras  
al día

4

servings of water a day

porciones de agua al día

3

servings of low-fat dairy a day

porciones de productos lácteos  
bajos en grasa al día

2

hours or less of screen time a day

horas o menos frente una  
pantalla al día

1

hour or more of physical  
activity a day

hora o más de actividad  
física al día

GO!®

54321 GO!®

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