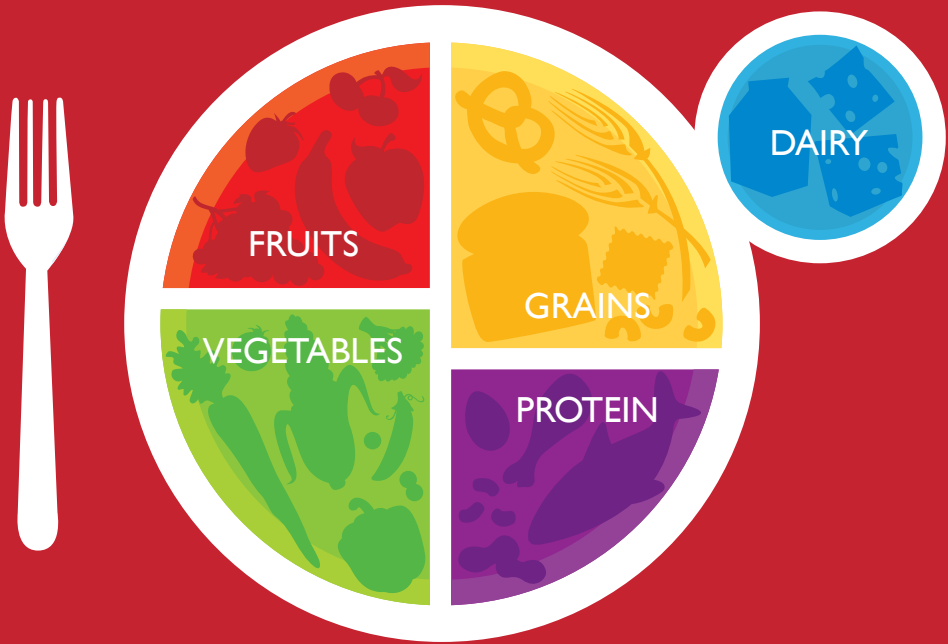


# Healthy eating guide

Texas Children's Hospital and the Houston Texans want to help you understand the importance of proper nutrition and overall good health. To build a healthy and tasty plate, follow these guides.



- **FRUITS** (apples, strawberries, bananas, grapes, oranges, raisins)
- **VEGETABLES** (carrots, celery, peas, broccoli, spinach, lettuce)
- **GRAINS** (brown or wild rice, crackers, bread, quinoa, oatmeal, low-fat popcorn)
- **PROTEIN** (chicken, lean meat, turkey, eggs, beans, nuts, seeds)
- **DAIRY** (cheese, yogurt, milk)



Nutrition is important for all kids and can help you succeed in school and sports. Keep the following things in mind:

- **WATER IS A WINNER.** Drink water at regular intervals during the day to promote optimum hydration and safety. Take regular breaks during training to hydrate. Sports drinks (such as Gatorade®) are only needed during hard sports training of more than one hour. Soda, energy drinks and other sugary beverages provide no nutritional value and add calories.
- **DON'T SKIP MEALS.** Eat three square meals and several high quality snacks every day. Food is fuel for the body and mind, and you should never run on empty.
- **FRUITS AND VEGETABLES REIGN SUPREME.** Fruits and vegetables are 90% water and 100% good nutrition. They belong on your plate at every meal. Fruits and vegetables provide antioxidants and other benefits that help muscles recover from athletic performance.
- **POWER-PACKED PROTEIN.** Protein is crucial in each meal to build muscle, control appetite and boost your immune system. Remember protein does not always need to be meat. You can get it from dairy, beans, hummus and more.
- **FOCUS ON QUALITY CARBOHYDRATES.** Carbohydrates consist of both sugars and starches and are great for quick bursts of energy. Quality carbohydrates include whole grain cereals and breads, oatmeal and brown rice. Cookies, candies and cake contain large amounts of sugar and fat, making them unsuitable for athletic performance.

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