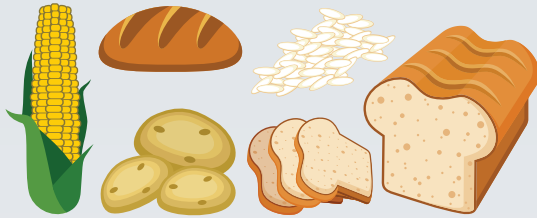


# GO, GROW, & GLOW FOODS

## Foods that help you to GO

These foods give you energy to go and be active (running, swimming,...).



## Foods that help you to GROW

These foods help your body grow bigger and stronger.



## Foods that help you to GLOW

These foods keep your skin, hair, and eyes glowing and looking healthy.



# CREATE YOUR KEIKI FIT FORCE HEALTHY PLATE



Choose your favorite fruits and vegetables to complete your healthy plate!

A keiki healthy plate includes:

- 1) fist-sized portion or quarter of the plate of grains, such as brown rice or whole wheat pasta
- 2) palm-sized portion or quarter of the plate of protein, such as chicken or fish
- 3) half a plate of fruits and vegetables, such as apples and broccoli

For more information visit: [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov)

Teach your keiki healthy habits: [www.kpkids.us](http://www.kpkids.us)

Cook healthier at home: [www.kp.org/recipes](http://www.kp.org/recipes)

