HAVE YOU HAD YOUR 5+2 FRUITS 3 VEGGIES TODAY?

By balancing the calories you eat in healthy foods with daily physical activity, you can maintain a healthy weight.

ChooseMyPlate.gov

For more, visit healthysd.gov

Choose a variety of healthy foods, including foods low in fat and sugar, watch portion size, and get at least 30-60 minutes of physical activity daily.

Yum!