

SMART**FOOD CHOICES****Model**

Good nutrition has always been important in Brooke's family. Now that she is a teen, Brooke follows her family's example when she makes her own food choices. She makes sure to eat plenty of plant-based foods from the bottom of the Food Guide Pyramid, such as fresh fruits and vegetables. She prefers breads and cereals made with whole grains. When she eats out, Brooke chooses leaner meats, such as a grilled chicken sandwich instead of a hamburger. She also orders foods that are baked or broiled rather than fried. Brooke occasionally eats candy, chips, and dips, but she usually chooses to snack on fresh fruit, cheese, or cereal. She enjoys drinking fruit juices, low-fat milk, and water instead of soft drinks. She also reads labels so that she can choose foods with less fat, sugar, and salt.

