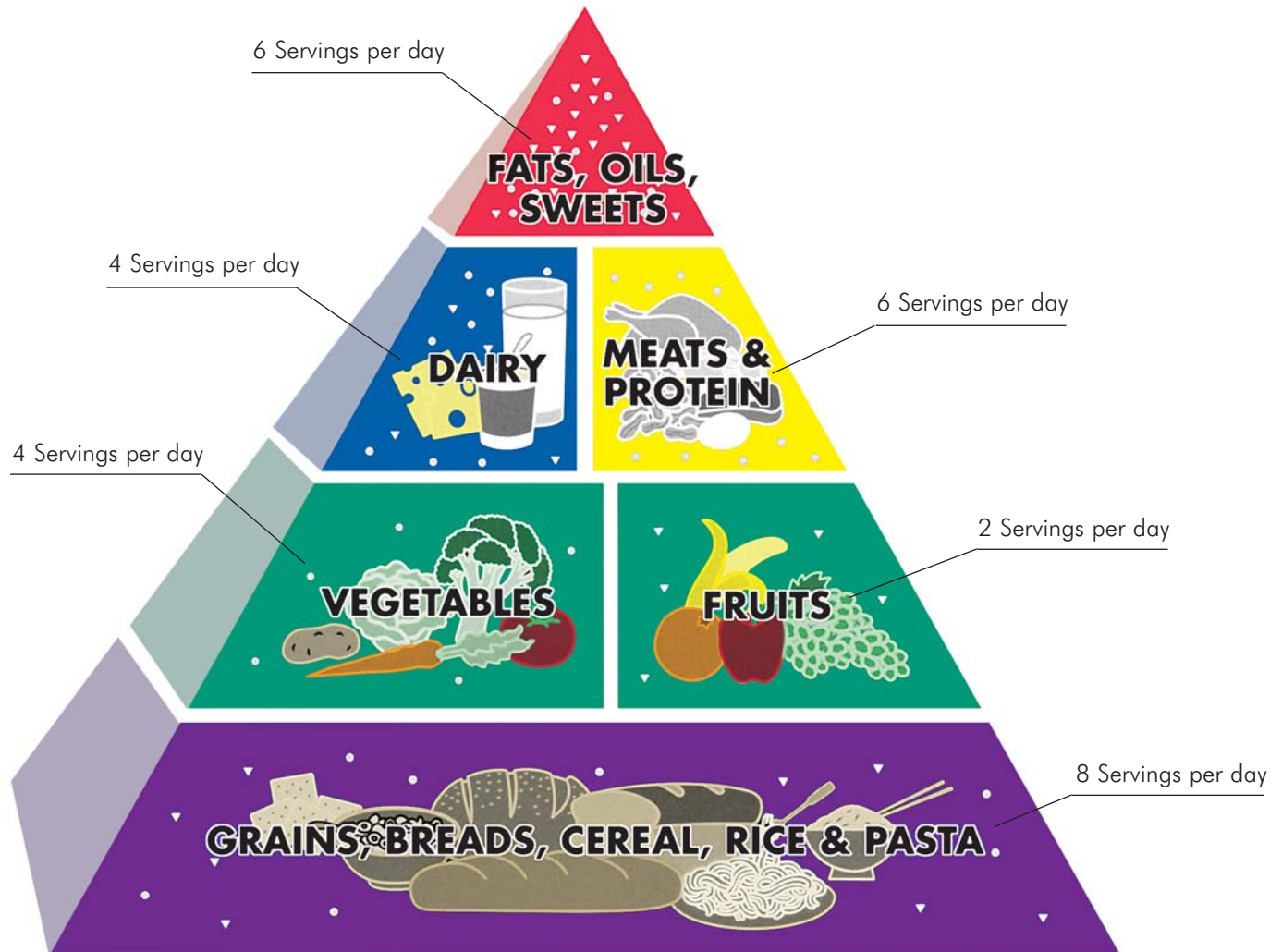




# KIDS START

## BASIC FOOD PLAN—WEEK ONE



SOURCE: U.S. Department of Agriculture/U.S. Department of Health and Human Services

- **DRINK 6-8 GLASSES OF WATER EVERY DAY!**
- **COLOR CODE YOUR FOOD AT HOME!**
- **USE KIDS COUNT™ TO TRACK WHAT YOU EAT!**
- **GET UP AND MOVE!!**

## GOOD LUCK!