

FUEL UP. PLAY EVERY DAY.

EAT A
HEALTHY BREAKFAST
BAKE FRUIT AS A TREAT
READ THE INGREDIENT LIST
HELP MAKE DINNER

EAT
ALASKA FISH

LIMIT
SCREEN TIME

LOAD YOUR PLATE WITH COLORS
TURN OFF THE TV AND HEAD OUTSIDE
PUT THE SODA DOWN PLANT CARROTS
TRY A NEW VEGGIE GET OUT AND PLAY
EAT WHOLE LIMIT 100% FRUIT JUICE BE STRONG
FRUITS PACK HEALTHY SNACKS BE FIT
DRINK WATER BAKE BREAD
PICK BERRIES
PLANT A LIMIT ADDED SUGARS
SCHOOL GARDEN IGNORE THE
COOK ALASKA FOODS JUNK FOOD
ON THE CAMPFIRE EAT WHOLE GRAINS
DRINK LOW-FAT MILK **BE HEALTHY**
VISIT A FARMERS MARKET
BLEND FRUIT SMOOTHIES CHECK NUTRITION FACTS
POUR LOW-FAT MILK ON CUT FRUIT
DO THE HEALTHY FUTURES CHALLENGE
GO FISHING AND CATCH YOUR OWN DINNER GROW YOUR OWN VEGGIES
MAKE A FRUIT SALAD



Get the facts at playeveryday.alaska.gov.

