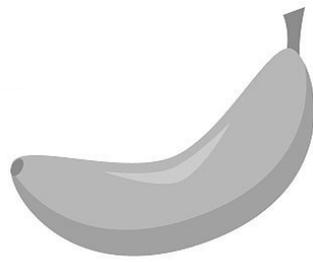
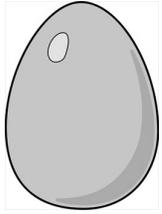


THINK WHOLE FOODS



What are whole foods? A food that you eat whole, just like nature made it. An apple is a whole food. So are carrots, nuts, grapes, bananas and oranges.



A cow, pig, chicken or turkey can be a whole food—unless the meat has been mixed with other stuff like preservatives or added flavors. The same goes for cheese, plain yogurt and eggs. Milk is a whole food if chocolate or sweeteners have not been added to it. If you read the label on a food and there is only one ingredient, it is probably a whole food.

If you mix whole foods together yourself, say, you make a smoothie with plain yogurt, milk and strawberries, your smoothie is still a whole food.



*Mouse says,
"Cheese please."*

Whole organic foods are even better. Organic foods might cost more but they have more healthy nutrients in them. And, no one used chemicals on the food while it was growing. So, you won't get harmful chemicals in your body—and neither will the people who grew and picked the food for you.



Organic also means that the food has not been genetically modified, which means scientists did things to the food that might make it look better, last longer or taste different. These foods are making people sick. Genetically modified foods are also called GMOs.

THINK OUTSIDE THE BOX (AND WRAPPER)

If your snack food comes in a box or a wrapper, it is not as good for you as a whole food. A package of fruit snacks is not the same as a piece of real fruit—even if the wrapper makes it look like it is something that is good for you.

The same goes for fast food. Food from McDonalds, Burger King and other places like those has lots of fat, sugar, calories and chemicals in it. They even put fake tastes in these foods with chemicals. Pretty soon, our taste buds want to eat only these junky foods because the fake flavors fool us. But, if you start eating real food again, pretty soon it will taste good and the fake food will taste weird to you.

Whenever you buy food in a package, box or wrapper, read the label. If the food has a long list of ingredients with big words that you don't understand, it is probably not a good food. You can look online to find out what the big words mean.

THINK FOR YOURSELF

The companies that make junk food and fast food spend billions of dollars to get you to eat it. They advertise on TV, on your computer, on your phone, on billboards, in movies, with toys that you like and, sometimes, even in your schools by giving stuff away. They don't care if you get sick and fat. They just want to make money. Don't listen to them. Make your own healthy food choices because you are smarter than that!



*If bears really drank
Coke, they'd die*

SOME HEALTHY SNACK IDEAS

Dairy!

- Cheese cubes or string cheese
- Plain yogurt (add your own fruit or whole grain granola)
- Hard-boiled eggs
- Cottage cheese

Veggies!

Raw veggies: celery, peppers, carrots, summer squash, zucchini, broccoli, cauliflower, green beans, tomatoes, peas.

Fruits and Berries!

Your favorite, whole or cut up and tossed together.

Nuts & Seeds!

- Almonds, walnuts, peanuts, cashews and pistachios.
- Natural, unsweetened peanut or other nut butters.
- Sunflower seeds
- Plain pepitas (pumpkin seeds)

100% Whole Grains!

Crackers, breads, low-sugar cereals/granolas, sesame sticks, rice cakes, low-sugar muffins.

Combinations!

Whole wheat tortilla pizza with sauce, cheese & green peppers.

Plain yogurt smoothies. Blend frozen fruit, yogurt and milk.

Natural, unsweetened peanut butter on 100% whole wheat bread, crackers, celery or apple slices.

Lettuce burrito. Wrap up some sliced cheese, refried beans and chopped veggies in a lettuce leaf.

Drinks!

Water is best. It's what your body is made of. You need about eight big glasses a day. If you are still thirsty, try some fruity water (add berries, fruit or cucumber slices) or 100% fruit juice.

All soda pop weakens your bones and is linked to weight gain. Only drink it once in awhile, or better yet, never again.



THINK ABOUT SNACKS

Do you think eating snacks is a bad thing? It's not. Your body likes to be fed about every three hours while you're awake. Snacking on **healthy food** can help you to:

- Feel more awake all day.
- Do better in school.
- Feel happier.
- Be faster on the court or playing field.
- Not get fat or sick as bad or as often.
- Have clear skin.
- Get along better with people.

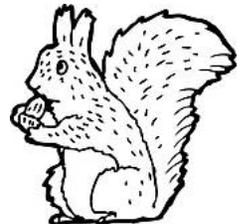


If you snack on **junk food**, you might feel tired, have a foggy brain, get angry or sad more easily, get injured more while playing sports, gain too much weight or get acne.

Eating a lot of junk food when you're a kid can even make it harder for you to feel healthy the rest of your life. How can you choose healthy snacks?

1. Think whole foods.
2. Think out of the box.
3. Think for yourself.

Squirrel says, "Nuts & seeds are a healthy snack!"



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