

# 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](http://playeveryday.alaska.gov).

