Nutrition and Fitness

The winning recipe for a healthy lifestyle includes a combination of both good nutrition and physical activity. Your body needs a variety of nutrient rich foods to grow and prevent illness. And your body also needs to move and exercise every day.

Key things you need to know about leading a healthy lifestyle are:

- Eat a healthy diet that includes fruits, vegetables and whole grain products
- Control portion sizes and never "supersize"
- Get active for at least 60 minutes, five times a week for ages 6-18
- Avoid tobacco and illegal drugs all together

Well-nourished students have higher test scores, increased school attendance, improved concentration, and improved classroom behavior. Students, who are physically fit, sleep better and are better able to handle the physical and emotional challenges that they encounter during the day.

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