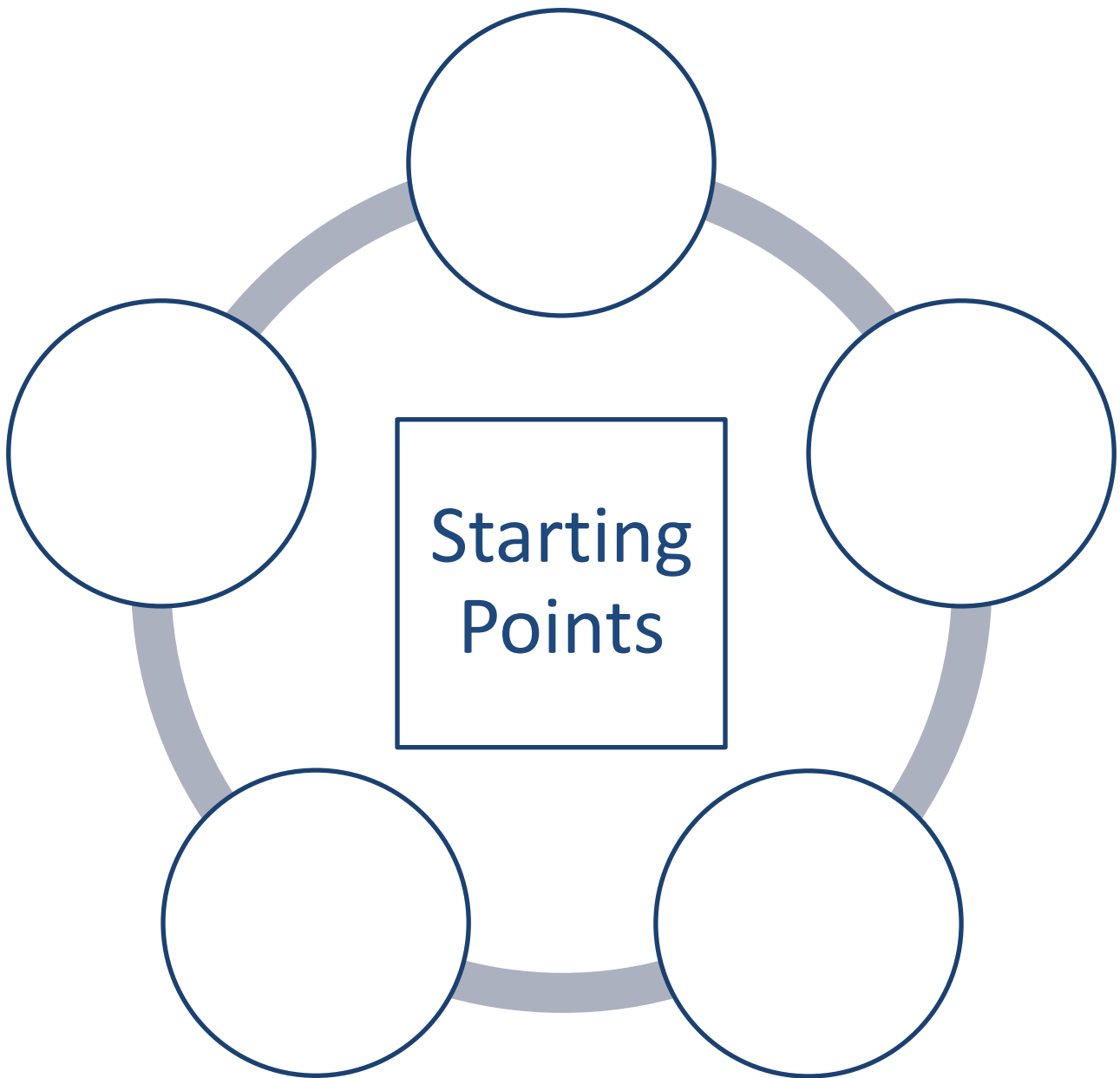


# Healthy Eating Tips

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Your food and physical activity choices each day affect your health — how you feel today, tomorrow, and in the future.

Directions: Fill in the circles in the Radial Cycle with USDA's healthy eating tips. Add in foods that you should eat as well.



United States Department of Agriculture  
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