

FRUITS Fuel Up With Fruits at Meals or Snacks

Oranges, pears, berries, watermelon, peaches, raisins, and applesauce (without extra sugar) are just a few of the great choices. Make sure your juice is 100% fruit juice.



VEGETABLES Color Your Plate With Great-Tasting Veggies

Try to eat more dark-green, red, and orange vegetables, and beans and peas.



GRAINS Make at Least Half Your Grains Whole Grains

Choose whole-grain foods, such as whole-wheat bread, oatmeal, whole-wheat tortillas, brown rice, and light popcorn, more often.



PROTEIN Vary Your Protein Foods

Try fish, shellfish, beans, and peas more often. Some tasty ways include a bean burrito, hummus, veggie chili, fish taco, shrimp or tofu stir-fry, or grilled salmon.



DAIRY Get Your Calcium-Rich Foods

Choose fat-free or low-fat milk, yogurt, and cheese at meals or snacks. Dairy foods contain calcium for strong bones and healthy teeth.



Know Your "Sometimes" Foods Look out for foods with added sugars or solid fats. They fill you up so that you don't have room for the foods that help you eat smart and play hard.

Smart Eats Smart Supplements And Smart Exercise

Ellen Liskov



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Table of Contents Smart Eats Smart Supplements And Smart Exercise

1. Understanding the eBook Smart Eats Smart Supplements And Smart Exercise
 - The Rise of Digital Reading Smart Eats Smart Supplements And Smart Exercise
 - Advantages of eBooks Over Traditional Books
2. Identifying Smart Eats Smart Supplements And Smart Exercise
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Smart Eats Smart Supplements And Smart Exercise
 - User-Friendly Interface
4. Exploring eBook Recommendations from Smart Eats Smart Supplements And Smart Exercise
 - Personalized Recommendations
 - Smart Eats Smart Supplements And Smart Exercise User Reviews and Ratings
 - Smart Eats Smart Supplements And Smart Exercise and Bestseller Lists

5. Accessing Smart Eats Smart Supplements And Smart Exercise Free and Paid eBooks
 - Smart Eats Smart Supplements And Smart Exercise Public Domain eBooks
 - Smart Eats Smart Supplements And Smart Exercise eBook Subscription Services
 - Smart Eats Smart Supplements And Smart Exercise Budget-Friendly Options
6. Navigating Smart Eats Smart Supplements And Smart Exercise eBook Formats
 - ePub, PDF, MOBI, and More
 - Smart Eats Smart Supplements And Smart Exercise Compatibility with Devices
 - Smart Eats Smart Supplements And Smart Exercise Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Smart Eats Smart Supplements And Smart Exercise
 - Highlighting and Note-Taking Smart Eats Smart Supplements And Smart Exercise
 - Interactive Elements Smart Eats Smart Supplements And Smart Exercise
8. Staying Engaged with Smart Eats Smart Supplements And Smart Exercise
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Smart Eats Smart Supplements And Smart Exercise
9. Balancing eBooks and Physical Books Smart Eats Smart Supplements And Smart Exercise
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Smart Eats Smart Supplements And Smart Exercise
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Smart Eats Smart Supplements And Smart Exercise
 - Setting Reading Goals Smart Eats Smart Supplements And Smart Exercise
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Smart Eats Smart Supplements And Smart Exercise
 - Fact-Checking eBook Content of Smart Eats Smart Supplements And Smart Exercise
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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