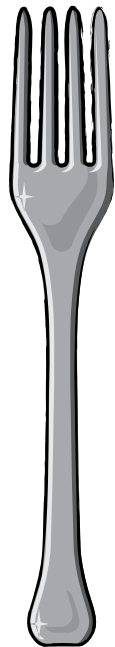


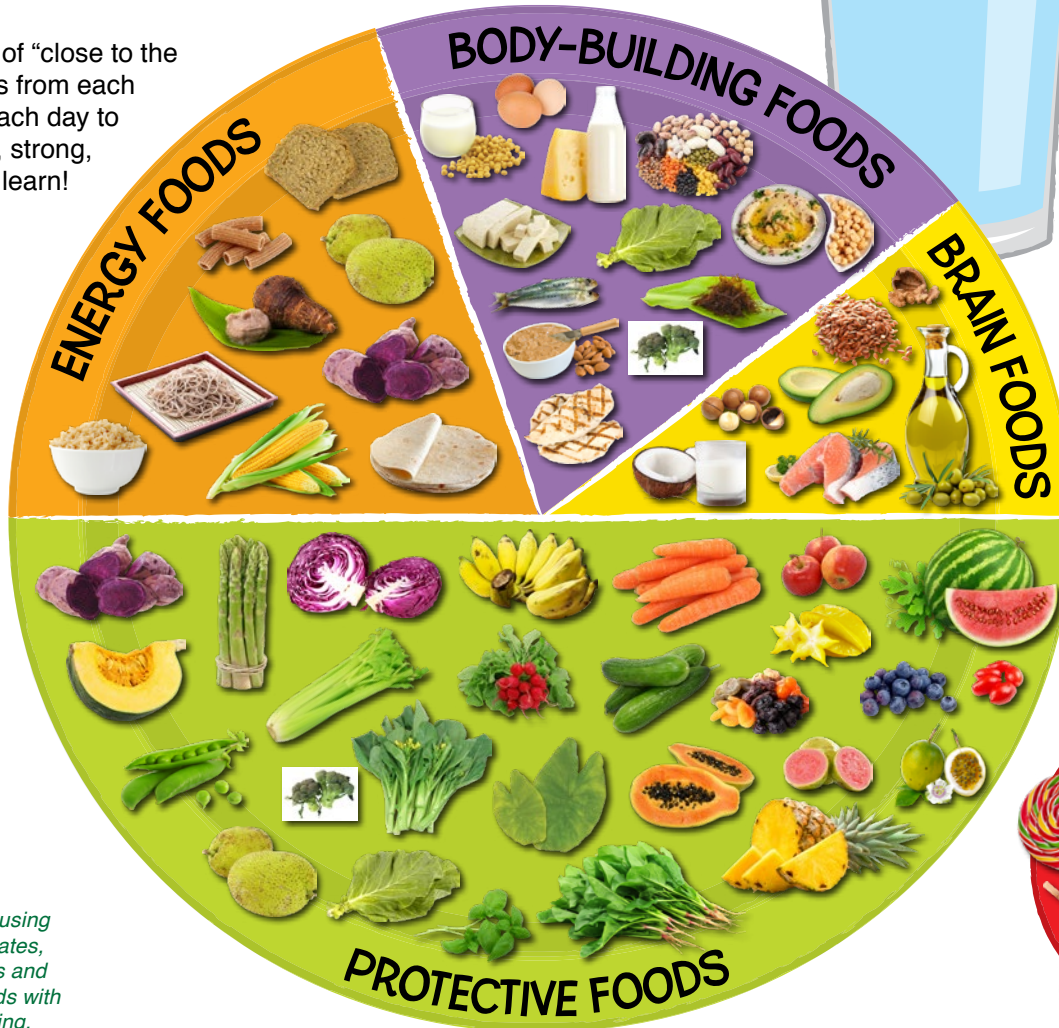
# ‘ĀINA FOOD GUIDE: A Foundation for Good Health

**“CLOSE TO THE SOURCE”** foods are high quality whole foods that come straight from nature. These foods are less processed, with little being added or taken away, and are usually more nutritious than processed foods. Choose locally grown foods because they are fresher, tastier, and better for the environment.

Eat a variety of “close to the source” foods from each food group each day to keep healthy, strong, and ready to learn!



Reduce waste by using reusable forks, plates, cups, and napkins and choosing fresh foods with minimal packaging.



Water is important for all systems in our bodies. Kids should drink at least 6 to 8 cups a day.

**PROTECTIVE FOODS** are fruits and vegetables that are high in vitamins, minerals, phytonutrients, and fiber. They help keep us healthy and protect us from getting sick.

**ENERGY FOODS** are complex carbohydrates like whole grains and starchy fruits and vegetables that give us long-lasting energy and fiber.

**BODY-BUILDING FOODS** contain both protein and calcium, and come from both plants and animals. They include foods like beans, eggs, fish, lean meats, tofu, and dark greens. They help us grow healthy and strong bones, muscles, teeth, and hair.

**BRAIN FOODS** are high quality fats and oils that come from plants and some fish. They help us to learn and remember things and are also good for our hearts.



**CAUTION FOODS** are foods high in sugar, fat, or salt. We should eat them in moderation and choose “close to the source” options whenever possible.