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Living a full, healthy life means making smart decisions every day. Each day of my life is made up of a variety of situations. In each situation, I have choices. **I focus on selecting options that are right for me.**

There are choices about exercise, how I spend my time, what I eat and drink.

Regardless of what else is included in my day, I make it a priority to eat healthy, nourishing meals. I strive to select food and beverages that provide my body with the nutrients it needs to function well. **When making food choices, I remind myself of my health goals.**

Including fruit at each meal ensures I get plenty of fiber and sweetness in my day. I consume more fiber in my morning cereal. I receive more important nutrients by eating several servings of vegetables and dairy products each day. **Eating foods rich in proteins, vitamins and minerals also gives me abundant energy.**

Whether I focus on staying physically fit or remaining healthy and free from

medication as I grow older, I choose to eat foods that nourish me.

Today, I am confident that I can select nourishing foods to provide my body with the fuel I need to keep my energy up today and stay healthy over the years.

Self-Reflection Questions:

1. Do I eat foods each day that nourish my body?
2. How can I make healthier choices regarding what I eat?
3. What can I do to ensure that I choose nourishing foods?