START

Did it grow in the ground?

NO

YES

Does it have a label?

NO

YES

Is it organic?

NO

YES

Is it meat, fish, dairy or whole grains?

NO

YES

Does the label have nutrition information?

YES

Look for an organic alternative if possible

It's healthy food

NO

Can you recognize all of the ingredients?

YES

Is sugar (or corn syrup) one of the first 5 ingredients?

NO

YES

HOME

STOP

Go back to start!

Proceed with caution

Enjoy it with your friends and family!

The Road to Healthy Eating

The road to healthy eating is fun and easy when you know your way! Use this map to put your kids in the healthy eating drivers seat and let them make their own healthy choices. Enjoy the ride!

CRUNCH a COLOR™