

# Tour Highlights

| Tour Stops                  | Key Messages   |
|-----------------------------|--|
| <b>Fresh Produce</b>        | <p><b>Each of us needs 5-9 servings of fruits &amp; vegetables every day:</b></p> <ul style="list-style-type: none"> <li>• Fruits &amp; vegetables provide various vitamins, minerals and other nutrients that keep our bodies healthy.</li> </ul>         |
| <b>Bakery</b>               | <p><b>Sugar should be eaten in moderation:</b></p> <ul style="list-style-type: none"> <li>• Some sugars are better for you, but you should always have sugar in moderation, which means within reasonable limits.</li> </ul>                               |
| <b>Exercise &amp; Sleep</b> | <p><b>To Be A Healthy Buddy, you need to get plenty of exercise and sleep!</b></p>   |
| <b>Meat &amp; Seafood</b>   | <p><b>Eating meat and seafood gives a Healthy Buddy ZIP–Zinc, Iron and Protein:</b></p> <ul style="list-style-type: none"> <li>• We need to eat 2-3 servings of protein every day to get the ZIP to keep us strong.</li> </ul>                             |
| <b>Dairy</b>                | <p><b>We each need 3 servings of Dairy each day:</b></p> <ul style="list-style-type: none"> <li>• Dairy is important because it contains Calcium and Vitamin D which keeps our bones strong.</li> </ul>  |
| <b>Breakfast Cereal</b>     | <p><b>Cereal is a great energy food to fuel your mind and body:</b></p> <ul style="list-style-type: none"> <li>• When looking for healthy breakfast choices, examine Nutrition Facts Labels for info on serving-size, sugar, vitamins and more.</li> </ul> |
| <b>HBA</b>                  | <p><b>Brushing &amp; flossing twice daily will help a Healthy Buddy stay healthy!</b></p>  |
| <b>Pharmacy</b>             | <p><b>Difference between a vitamin and a medicine: Vitamins help you stay healthy, medicines help you get better when sick!</b></p>  |
| <b>Check-out Aisle</b>      | <p><b>Being a Healthy Buddy means making good shopping choices &amp; spending your money wisely!</b></p>   |