Junk Food Battles

Are potato chips, soft drinks, and cookies part of your diet? If you're like many kids, the answer is yes. Health experts say that Americans are eating too much junk food. It makes up almost 1/4 of the American diet!

The U.S. government is helping people change their eating habits. More than half of Americans are overweight. Being overweight can lead to health problems.

*Is fast food part of your diet?*

In a recent report, the government said people should eat foods that are higher in nutrients and lower in fat. Nutrients give you energy and help your body stay healthy. Some foods that are good sources of nutrients are fruits, vegetables, and whole grains such as brown rice and whole-wheat bread.

A healthful diet is not the only way people can keep their bodies fit. The new guidelines say kids should exercise for at least one hour a day.

*Nutritious foods can be fun and tasty!*

**Fantastic Foods**

If you think eating healthful foods is boring, think again! Nutritious foods can be fun and tasty. Just ask the kids at Meadowbrook Elementary School in Fort Worth, Texas. They recently taste-tested foods, such as sweet potato pancakes and blueberry burgers.

The U.S. Department of Agriculture held the taste test. That group wants to help schools find ways to serve healthful foods and meet the new dietary guidelines. "These new dietary guidelines represent our best ... advice to help Americans live healthier and longer lives," said one government official.

**Vocabulary:**

diet: the food and drink that a person usually eats

habits: the ways a person usually acts or behaves