## Dining Decisions

[Announcer] This podcast is brought to you by the Centers for Disease Control and Prevention. CDC - safer, healthier people.
[Kaya] Hi kids! Welcome to CDC Kidtastics Radio! I'm Kaya Kidtastic. Today, we're talking about one of my favorite things - EATING!
[Chris] Ooooo! Potato chips are my FAVORITE!
[Kaya] Chris, today we're going to learn how to make SMART food choices!
[Caydan] Nutrition, fruits and vegetables, calories, fat... why is all of this SUCH a big deal?
[Karmen] We all want to be strong, have energy, and look and feel our best, but how do we know what to eat?
[Kaya] We need food and drinks to fuel our bodies. What kind and how much will affect how we look and feel. With the most nutritious fuel, we're ready for anything.
[Chris] Right, Kaya! Just like cars need gas to run, our bodies need food to keep it going, but not just any food.
[Karmen] Eating a healthy diet means giving your body the type and amount of food and drinks that help you look and feel your best. When you give your body what it needs, like vitamins, minerals, and proteins, it gives you a lot in return, like energy, powerful muscles, and strong bones.
[Caydan] So what foods give my body what it needs?
[Kaya] It takes a variety of foods, Caydan. A healthy diet is made up mostly of whole grains, fruits, vegetables, and low-fat or fat-free milk or milk products. It should also include protein foods, such as lean meats, seafood, beans and peas, eggs, nuts and seeds, and poultry, like chicken or turkey. We all need plenty of water every day, too. It's refreshing, plus your body needs water for everything from digesting food to circulating blood.
[Chris] If I want to eat a healthy diet, are there foods I should skip completely?
[Karmen] Nope. There can be a place for everything. Most of what you eat should be the foods that deliver what you need to look and feel your best. Try and limit foods with added sugars, solid fats, or too much salt. This includes foods like soda, POTATO CHIPS, candy, chocolate cake, and pizza.
[Kaya] So while everyone can enjoy a treat now and then, you have to make sure they don't crowd out all the important foods your body needs.

Thanks for listening to CDC Kidtastics Radio. We'll talk to you again soon. Until then... be a safer, healthier kid!!
[Announcer] For more health information, go to www.cdc.gov or call 1-800-CDC-INFO, 24/7.

