

Healthy Eating For Your Body

5 or more
fruits &
vegetables
every day

We all know healthy eating is a vital part of having a healthy body, but did you know that certain foods help specific parts of your body? Read the information below to see how you can eat healthy for your body!

HAIR

Your hair needs protein, zinc and iron. Eat chicken, eggs, beans, nuts, milk, cheese and whole grain bread.

EYES

Your eyes need Vitamin A. Carrots, sweet potatoes, spinach, dark orange fruits and vegetables and dark green leafy vegetables all contain Vitamin A and will keep your eyes healthy.

SKIN

Your skin needs Vitamin A and C. For healthy, glowing skin, eat oranges, strawberries, sweet red peppers, tomatoes, broccoli, dark orange fruits and vegetables and dark green leafy vegetables.

DIGESTIVE SYSTEM

Your digestive system needs fiber, healthy fats and good bacteria. Foods that are good for your digestive system include corn, carrots, sweet potatoes, yogurt, nuts, seeds and apples.

HEART

Your heart needs magnesium, healthy fats and fiber. Eat avocado, tomatoes, spinach, bananas, whole grain bread, nuts, yogurt and milk for a healthy heart.

BONES AND TEETH

Your bones and teeth need calcium, Vitamin D and phosphorus. Eat milk, cheese, yogurt, broccoli, spinach and nuts to make your bones and teeth strong.

MUSCLES

Your muscles need protein and potassium. Eat milk, yogurt, chicken, fish, beans, eggs, bananas and potatoes.

Let's Move
Pittsburgh

Download more 5-2-1-0 resources at letsmovepittsburgh.org/5210. To start a 5-2-1-0 campaign at your home or organization, please contact letsmove@phipps.conservatory.org.



Let's Move Pittsburgh is a program of Phipps Conservatory and Botanical Gardens. This program is adapted from Let's Go! www.lets-go.org.