



NUTRITION KNIGHTS DAILY HEALTHY HABITS CHECKLIST

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Eating the right foods and sticking to healthy habits is super important for a growing body. It helps you grow strong, stay mentally sharp, and do your best in school. Check out the Nutrition Knights checklist to fuel your body and feel great every day.

Food Groups & Health Habits	Examples	Amount	✓
Vegetables 	Whether they're fresh, frozen, or canned, veggies are a must! Fresh ones are the best—especially green ones like broccoli and spinach, plus a colorful mix like carrots, bell peppers, and sweet potatoes. If you're using canned or frozen veggies, choose low-sodium versions.	2 – 3 cups	
Fruits 	When it comes to fruit, whole and fresh is the way to go. Pick ones lower in natural sugar like berries, kiwis, grapefruit, melons, oranges, peaches, and apples. If you drink juice, go for fresh-squeezed—store-bought juice usually has added sugar and loses nutrients during processing.	1-2 cups or 2 pieces of fruit	
Grains 	Choose whole grains like whole-wheat bread and oatmeal. If you're gluten-free, quinoa, brown rice, and wild rice are great picks. Try to avoid refined grains like white bread, pasta, and white rice.	½ cup to ¾ cup or 4-6 ounces	
Protein 	For protein, go for lean meat, fish, eggs, tofu, soy products, nuts, seeds, and beans. Try to eat fish at least twice a week for a healthy boost.	½ cup	
Milk & Alternatives 	Dairy or dairy alternatives like goat milk, nut milk, soy, oat milk, yogurt, and cheese are important for strong bones.	2.5 cups or 20 ounces	
Water 	Drink clean water every day—especially if you're active or playing sports.	5-8 cups (8-ounce cups)	
Exercise 	Stay moving with daily exercise! Bike to school, dance around your room, or join a sport—just keep active. Get outside every day! A bit of sunlight helps your body make	1 hour	
Sunshine 	Sunshine gives you Vitamin D, which keeps bones strong and your immune system healthy.	15- 30 minutes per day	
Sleep 	Don't skip sleep—it helps your brain grow, your body develop, and makes sure you're ready to learn. Aim to be asleep by 9 PM and get at least 9–11 hours each night.	9 – 11 hours	

Practice healthy habits now and develop them for the best outcome in life.

