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Healthy Choices
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What do I need to know?

- Healthy eating involves taking control of how much and what types of food and beverages you eat and drink.
- Try to replace foods high in sugar, salt, and unhealthy fats with fruits, vegetables, whole grains, low-fat protein foods, and low-fat dairy foods.
- Physical activity should be part of your daily life, whether you play sports, take physical education in school, do chores, or get around by biking or walking.
- Regular physical activity can help you manage your weight, have stronger muscles and bones, and be more flexible.
- Like healthy eating and exercise, getting enough sleep is important for staying healthy.
- If you’re between 13 and 18 years old, you should get 8 to 10 hours of sleep each night.