

Many People
Have Their Own Diet
I Do, Too!



Many people have their own diet. They may eat some foods but not all of them. This is okay.



I have a friend, Joey.
Joey cannot eat peanuts
or anything that has
peanuts in it. Joey may
eat other foods.





Dad is on the Noom Diet®. He thinks about everything he eats. Dad can eat food but not too many calories. When something has a lot of calories, Dad thinks, “I better not eat that.” Dad may eat other foods until he has eaten all his calories for that day.



My sister, Angie, is allergic to milk. Angie cannot drink cow milk or eat anything with cow milk in it. She drinks another kind of milk.





I have a diet, too. Mom, Dad, and my teacher know what I can eat. Whenever there is something I can't eat, they help me find something that is okay for me instead.



Many people have their own diets, like me! They may eat some foods but not all of them. This is okay!