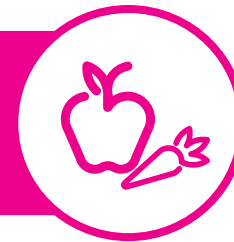
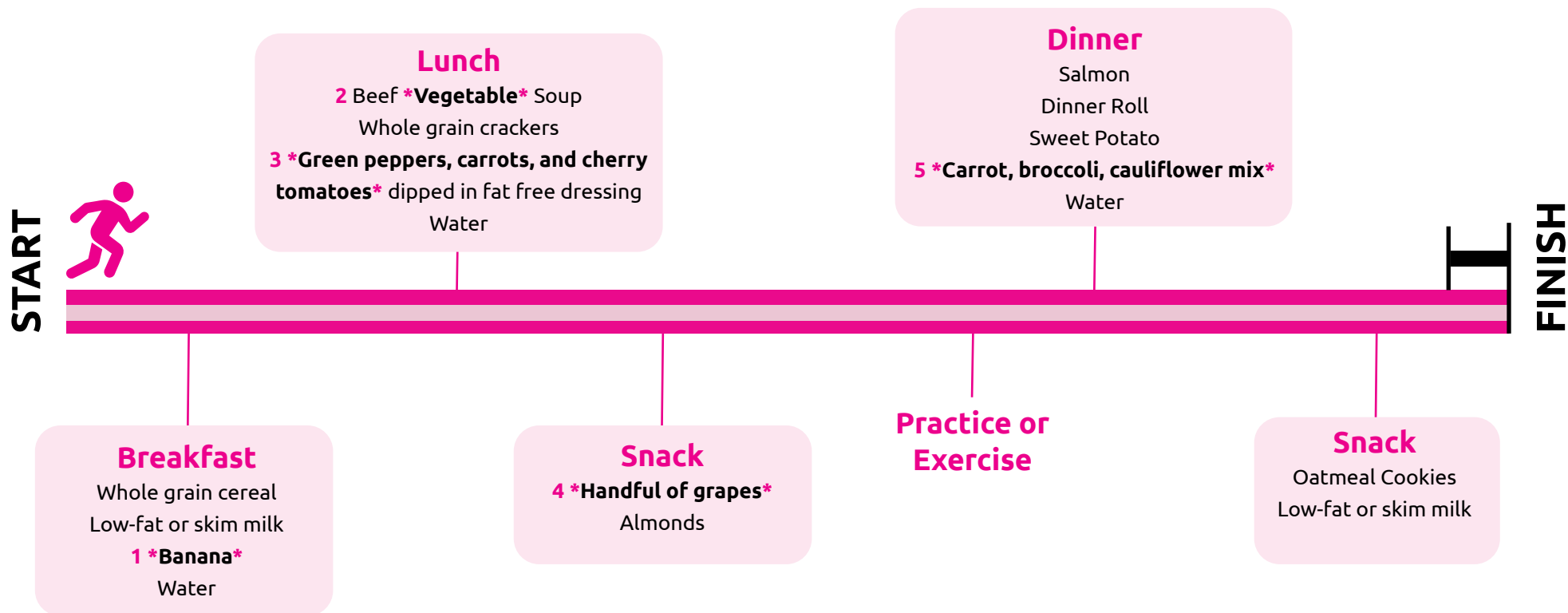


Reach Your Nutrition Goal



It's easy to eat 5 fruits and vegetables in one day. Follow this sample meal plan and see how easy it is to reach your goal.



With healthy meals and snacks, it's easy to be a healthy athlete! Try your own meal and snack combinations from this guide and you can reach your goal every day.

Family Engagement



Our bodies are powered by the foods that we eat! Certain foods have more nutrients and are better for our bodies. By eating healthy foods, we can make sure that our brain has the power to help us focus and learn and that our muscles have the fuel to help us run and play sports.



Try a New Healthy Food

While shopping for groceries, have a family member pick out one new healthy food that you have never tried before, such as a fruit or vegetable. Preparing a new food for the first time can be tricky. It might be helpful to use cookbooks or the internet to search for healthy recipes. You can repeat this challenge by having different family members pick a new food during each trip to the grocery store.



Find the Hidden Sugar

Go to your refrigerator or pantry and pick out three beverages or snacks that your family regularly eat or drinks. Have each member of the family guess which of the beverages or snacks has the least amount of sugar and which one has the most. Next, help each other read the nutrition labels to figure out which ones have the least and most amount of sugar. Discuss and plan healthy choices.



Prepare a Picnic

Prepare a basket of healthy foods as a family and find an outdoor space to enjoy it! You can take the food to a nearby park or even just to your backyard.

