



Think Your Food

Which is the better fuel choice?



Apples give you more fuel than juice!



Which is the better fuel choice?



Oranges give you more fuel than popsicles!



Think Your Food

What you eat and drink for meals and snacks is important.

Healthy food gives your body the fuel it needs throughout the day.



Think Your Food

Have a *fit* mindset!
Make healthy snack
choices to give you
energy to make more
fit choices all day long.



Think Your Food

You can use a stoplight to help you make *fit* food choices!

Eat more green-light foods!

Eat some yellow-light foods.

Eat less red-light foods.



NAME SOME HEALTHY SNACK CHOICES.

Think Your Snack

Can you pick a perfect snack? Use the printable to draw the healthy snack choices you will make.



Name _____

My Healthy Snack

Draw the healthy snack choices you will make.

A simple line drawing of a plate, a fork, and a spoon. The plate is in the center, with the fork to its left and the spoon to its right. The plate has a double-line border. The fork and spoon are also simple line drawings.

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