



**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!**

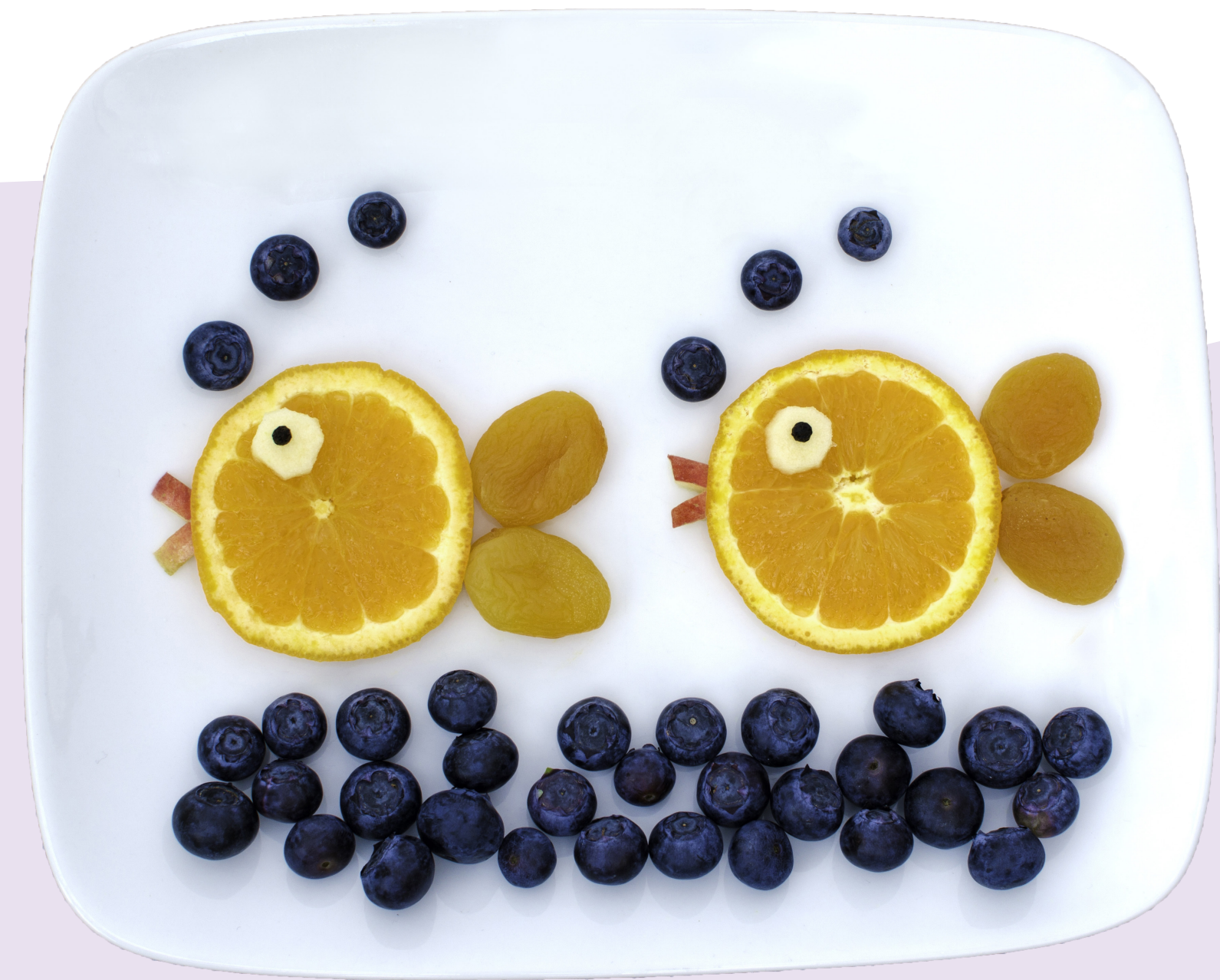




# Think Your Food

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 simple, with a handle and a head.

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