



Nutrition Challenge: Week 2, Day 4

Pick one day this week to not eat any fried chips.



- No potato chips, Doritos, or Cheetos. Instead, try baked pretzels or carrot sticks for crunchy snack.
- Most Chips are: LOADED with salt, LOADED with preservatives, HIGHLY processed,
- The more processed something is, the less “good” it is for you. Chips, hot dogs, boxed foods...are all among the worst stuff you can use for fuel to run your body.

I MET NUTRITION GOAL FOR WEEK 2!

Student Signature _____ Parent Signature _____

Inspire Kids to Fitness



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