



## Nutrition Challenge: Week 4, Day 8

Try cutting your saturated fats this week by:

- a) removing the skin from your chicken, b) trying a low fat version of ice cream or frozen yogurt, or c) fruit instead of crackers



- Did you know saturated fats are derived from animal products such as meat, dairy and eggs? They are also found in some plant-based sources such as coconut, palm and palm kernel oils
- These fats can raise total cholesterol levels and well as increase the “bad” cholesterol, called LDLs.

I MET MY NUTRITION GOAL FOR WEEK 4!

Student Signature \_\_\_\_\_ Parent Signature \_\_\_\_\_

*Inspire Kids to Fitness*



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