



Nutrition Challenge: Week 7, Day 14

Go brown or whole wheat one day this week.



- Brown rice, whole wheat bread, pasta or tortillas instead of white flour bread, pasta and tortillas.
- Did you know: A slice of commercially prepared white bread has 66 calories, 1.9 grams protein and 0.6 grams fiber. A slice of whole wheat bread has 69 calories and provides 3.6 grams protein and 1.9 grams fiber. It isn't hard to see which one is the better nutritional bet.
- Whole grains haven't had their bran and germ removed by milling, making them good sources of fiber – the part of plant-based foods that your body doesn't digest. Among many health benefits, high-fiber foods also tend to make you feel full longer.

I MET MY NUTRITION GOAL FOR WEEK 7!

Student Signature _____ Parent Signature _____

Inspire Kids to Fitness



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