



Nutrition Challenge: Week 8, Day 15



Try Fish for dinner this week. Did you like it?

- Did you know fish contains Omega 3 Fatty Acids, which are extremely important for a healthy heart and can lower high cholesterol and high blood pressure. Our bodies cannot produce Fatty Acids so it is important to get it through the foods that we eat.
- Fish is also high in other important vitamins like B-12 and Iron.

I MET MY NUTRITION GOAL FOR WEEK 8!

Student Signature _____ Parent Signature _____

Inspire Kids to Fitness



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