



# Nutrition Challenge: Week 8, Day 16

Try at least one Super Food this week.



- Blueberries, beans/lentils, hot peppers, nuts/seeds, sprouts, yogurt.
- All foods names "Super Foods" are called that because they go beyond basic nutrition and promote superior health in some way. They are generally whole, natural foods. Most super foods are fruits, vegetables, grains, seed, healthy fat, meat, poultry, or fish.
- These foods are unprocessed and most often fresh.

I MET MY NUTRITION GOAL FOR WEEK 8!

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

*Inspire Kids to Fitness*



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