



Nutrition Challenge: Week 9, Day 17

Eat at least one fruit or vegetable rich in Vitamin A or Vitamin C every day:



- Try cantaloupe, carrots, sweet potato, spinach, or broccoli for Vitamin A, or grapefruit, oranges, green pepper, or cauliflower for Vitamin C.
- Did you know that it is almost impossible to get the daily recommended levels of vitamins from the food that we eat so we need to make an effort to incorporate vitamin rich foods whenever possible. Fish is also high in other important vitamins like B-12 and Iron.

I MET MY NUTRITION GOAL FOR WEEK 9!

Student Signature _____ Parent Signature _____

Inspire Kids to Fitness



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