

Big Sky Fit Kids (2007) Nutrition Challenge

Tasty Tips for Fit Kids from Eat Right Montana

Drink milk with every meal:

- Milk is an awesome drink. It helps build strong bodies, bones, and teeth – and it can help you have healthy weight too!! So, drink an 8-ounce glass of milk at every meal.
- Milk does your body good with protein, calcium, and lots of other vitamins and minerals. Always choose fat-free or 1% milk – in white or flavors like chocolate and strawberry.



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Prepared by Dayle Hayes, MS, RD

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Drink with water with your snacks:

- Water has exactly what your brain and muscles need to stay well-hydrated. Drinking water helps your brain work better in school – and it helps your body do its best during sports.
- Here's a super smart (and sugar-free) way to quench your thirst. Have a water bottle or tall glass of ice-cold, refreshing water whenever you have a snack in between meals.



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Eat breakfast every day:

- Breakfast is the best way to pumps up your brain and your body. When you eat a smart breakfast, you'll be able to do well in school and play hard at sports.
- A smart breakfast is as easy as a bowl of creamy hot cereal (like oatmeal or Cream of the West) with cold milk and a sliced banana or handful of dried fruit, like raisins.



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Eat smart snacks every day:

- Smart snacks are yummy to eat – and they can help you run and play hard all day long. They can also help you grow tall and be strong – with a beautiful smile and healthy teeth.
- Skip the fat and sugar in chips, candy, and pop. Snack smart with your favorite fruits, veggies, yogurt, string cheese, beef jerky, trail mix, nuts, or a sandwich (like PB and J).



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Enjoy cheese for an easy, yummy snack.

- Sliced cheese makes a tasty and super easy snack. Slice up your favorite cheese – cheddar, Swiss, or Monterrey Jack – to eat with crackers or apple slices (or on a sandwich).
- String cheese is a good-to-go snack. It's packed with the calcium, other minerals, vitamins, and protein your body needs – and it's easy to carry in a backpack or book bag .



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Dip into some creamy yogurt:

- Yogurt has the nutrition power of milk and cheese – protein, calcium, vitamins, and more – plus it comes in lots of yumma-licious flavors. What's your favorite flavor??
- Enjoy your yogurt any way you like it – in a carton, in a smoothie, in a frozen tube, or in a cup topped with fruit (like frozen berries, canned peaches, and a slide banana).



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Skip sugary drinks:

- Pop, punch, Kool-Aid, and many sports drinks have lots of sugar – as many as 10 to 12 teaspoons of sugar in one can or bottle – which is not good for your teeth or your weight.
- If you want to have a sugary drink sometimes, drink one can or less per day. Remember to brush your teeth (or rinse your mouth with water) right after drinking it.



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Cut back on those greasy fries:

- If you go out to eat at a fast food restaurant, eat fewer fries with your sandwich. You can order one medium fries and share it with a friend (or your brother, sister, mom, or dad).
- If you go to Wendy's, McDonald's, or Arby's, you can get a cool kid's meal with fruit instead of fries. (And, you can get body-building milk instead of pop too!!)



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Eat a RED FOOD every day:

- RED fruits are so, so sweet – delicious and smart to eat. Pick your favorite red fruit, like Fuji apples, red grapes, watermelon, strawberries, raspberries, and those fun raisins.
- RED veggies are awesome too and very, very good for you. Enjoy bright red tomato sauce on your pizza or spicy red salsa with your tacos.



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Eat a GREEN FOOD every day:

- Go great all day with GREEN fruits – Granny Smith apples, kiwi fruits, green grapes, pears, honeydew melon, or a sweet fruit salad made with combination of your favorite fruits!!
- Go great all day with GREEN vegetables. There are so many it's hard to choose: broccoli trees, pea pods, beans, peppers, and cool leafy salad stuff, like lettuce and baby spinach.



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Eat a YELLOW or ORANGE FOOD every day:

- Yummy YELLOW fruits are fun to eat – like the sweetness tropical pineapple or mango (fresh, canned, or dried). Oranges and tangerines are juicy and fun too!!
- Yummy ORANGE veggies are great for snacks or meals – like crunchy baby carrots with low-fat Ranch dip or cooked carrots and peas together.



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Eat a RAINBOW of fruits and veggies every day:

- How many different color FRUITS can you eat in a day? How about some BLUEberries and PURPLE plums? Or RED strawberries and ORANGE cantaloupe?
- How many different color VEGGIES can you eat in a day? How about some GREEN celery and YELLOW corn? Or sliced peppers in RED, YELLOW and ORANGE??



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