fitCLUB

fit-Hunt Cards

f..t

fit

Food

Will

1. **Know your mood**

2. **Stop and think before you choose**

3. **Turn your mood around**

4. **Make a *fit* choice**

Fuel

Empty   **Full**

Water

Label

Nutrition Facts

8 servings per container
Serving size   2/3 cup (55g)

Amount per serving
Calories   230

	% Daily Value*
Total Fat 8g	**10%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 160mg	**7%**
Total Carbohydrate 37g	**13%**
Dietary Fiber 4g	**14%**
Total Sugars 12g	
Includes 10g Added Sugars	**20%**
Protein 3g	

Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Sugar

Mood

Moving

fit

Brain

Eat

Recharge

Relax

Restore

Boost

fit

Move

Fun

f.it

Plan

Self-talk

Screen