SESSION 4 CHALLENGE

Think your food and choose to eat a green-light food at breakfast every morning. Track each day you complete the challenge. Review what you learned in the session below.

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5

HEALTHY EATING FUELS HEALTHY HABITS

Use a stoplight as a tool to help you make the most nutritious food choices:

- Eat more green-light foods. They have nutrients for energy and growth.
- Eat yellow-light foods sometimes. They have some nutrients.
- Eat red-light foods less often. They have the least amount of nutrients.

Fuel up with nutritious foods to have the energy to make healthy choices.

LEARN MORE ONLINE

Visit fit.sanfordhealth.org and search the following resources.

FOOD HUNT

FOOD CHART

LEARN MORE

- How to Make Healthy Eating Easy
- Snacks vs. Treats: What's the Difference?