



**fitCLUB**

# Food Activity Cards

**fit**

©2020 Sanford Health. All rights reserved. [fit.sanfordhealth.org](http://fit.sanfordhealth.org)

# SPINACH

## **Green Light: Eat More!**

Spinach is packed with vitamin C. Vitamin C helps you to have healthy skin.



# FISH

## **Green Light: Eat More!**

Fish is filled with calcium. Calcium helps to build and protect your bones.



# CHICKEN

## **Green Light: Eat More!**

Chicken is high in protein. Protein helps to build and repair tissues in your body.



# ORANGES

## **Green Light: Eat More!**

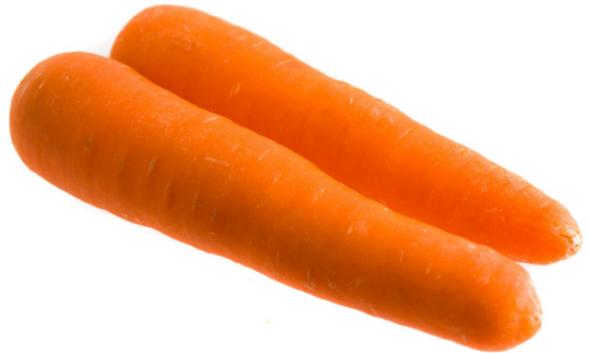
Oranges are loaded with vitamin C. Vitamin C boosts your immune system, which helps you fight off sickness.



# CARROTS

## **Green Light: Eat More!**

Carrots contain fiber.  
Fiber helps you digest  
the food you eat every  
day.



# BANANA

## **Green Light: Eat More!**

Bananas are filled with potassium. Potassium is one of the most important minerals in the body.



# BROWN RICE

## **Green Light: Eat More!**

Brown rice is a whole grain. Whole grains deliver many important nutrients to your body.



# COTTAGE CHEESE

**Green Light: Eat More!**

Cottage cheese is packed with magnesium. Magnesium helps to keep your heart healthy.



# MILK

## **Green Light: Drink More!**

Milk is a great source of calcium. Calcium builds healthy bones and teeth.



# KIDNEY BEANS

## **Green Light: Eat More!**

Kidney beans are one of the richest plant-based sources of protein. You need protein to keep up the size and shape of your muscles.



# CHEESE: BLOCK & STRING

## **Green Light: Eat More!**

Cheese is packed with vitamin A. Vitamin A helps to keep your vision healthy.



# WATER

## **Green Light: Drink More!**

Water is essential to keep your body hydrated. Nearly 60% of our bodies are made up of water.



# FLAVORED YOGURT

## **Yellow Light: Eat Some!**

Flavored yogurts are often filled with extra sugar. Go for unsweetened yogurt and add flavor with blueberries or strawberries.



# PANCAKES

## **Yellow Light: Eat Some!**

Choose whole grain pancakes! Also, be cautious of your toppings—butter and syrup can add up to a lot of sugar in the morning.



# POTATO WITH TOPPINGS

## **Yellow Light: Eat Some!**

Potatoes contain many healthy vitamins and minerals. However, watch your toppings— they can change a food from green-light to yellow-light.



# BROCCOLI WITH CHEESE

## **Yellow Light: Eat Some!**

Broccoli is a great source of vitamins K and C. Adding cheese and other sauces can add flavor, but also fat and little to no nutritional value.



# SALAD DRESSING

## **Yellow Light: Eat Some!**

Salad dressing can add flavor to a lettuce salad. Swap dressing for crunchy vegetables to boost your salad.



# DRIED FRUIT

## **Yellow Light: Eat Some!**

Dried fruit is low in fat but high in sugar. Instead, snack on fresh fruit such as apples or blueberries.



# 100% FRUIT JUICE

## **Yellow Light: Drink Some!**

100% fruit juice is okay, however fresh fruit is best! Assorted berries are a tasty snack and filled with fiber and nutrients.



# FROZEN FRUIT- JUICE BARS

## **Yellow Light: Eat Some!**

Popsicles can be high in sugar. Make your own instead! Freeze fruit with water and a little 100% fruit juice.



# WHITE GRAIN BREAD & PASTA

## Yellow Light: Eat Some!

Whole grain foods have more nutrients than white grain foods because they are processed differently.



# HAMBURGER

## **Yellow Light: Eat Some!**

What you put on your hamburger patty adds up. Go for veggies and a whole grain bun.



# PEANUT BUTTER & NUT BUTTERS

## **Yellow Light: Eat Some!**

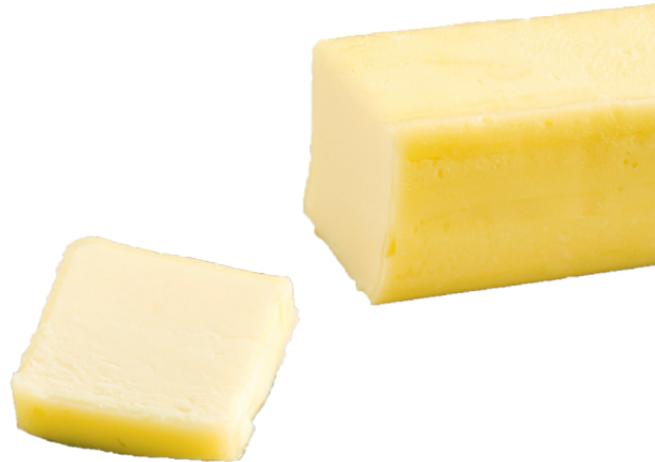
Even though peanut butter contains protein, it can be high in added sugar. A spoonful the size of your thumb is the perfect portion of peanut butter for you.



# BUTTER

## **Yellow Light: Eat Some!**

Limit the amount of butter you use because it can be high in calories and fat. Did you know milk from cows, sheep, goats, buffalo, or yaks can be used to make butter?



# KETCHUP & MUSTARD

## **Yellow Light: Eat Some!**

A little can add up to too much very quickly. Try to stick with a portion about the size of your thumb.



# SALTY SNACKS

## **Yellow Light: Eat Some!**

It can be easy to overeat this snack. Control your portions by filling a small bowl rather than eating from a bag.



# SPORTS DRINKS

## Red Light: Drink Less!

Sports drinks can have a lot of sugar and are okay every once in a while. Water is the best beverage choice to keep you hydrated.



# CHICKEN NUGGETS

## Red Light: Eat Less!

Fried foods have too many unhealthy fats. Try grilling or broiling your chicken to avoid the excess fats.



# TOASTER PASTRIES

## Red Light: Eat Less!

Toaster pastries are full of sugar and won't keep you fueled up for long. Reach for a piece of fruit instead!



# VEGGIE CHIPS

## Red Light: Eat Less!

Chips are high in calories and unhealthy fats. When you need a crunchy snack, reach for air-popped popcorn, crackers, or veggies!



# SUGARY CEREAL

## Red Light: Eat Less!

Sugary cereal won't keep you fueled up for long. Reach for a cereal that has less sugar and more nutrients.



# CANDY

## Red Light: Eat Less!

Candy has a lot of sugar. Choose a snack that will give you more nutrients—like fruit.



# HOT DOG

## **Red Light: Eat Less!**

Most hot dogs are made with processed meat and loaded with saturated fat and sodium. Each year, Americans eat about 20 billion hot dogs!



# BROWNIES

## Red Light: Eat Less!

Desserts are often full of sugar. Enjoy desserts every once in a while.



# DONUTS

## Red Light: Eat Less!

Donuts are high in sugar and calories, so enjoy a donut only every once in a while. Fun fact—the tallest stack of donuts was 43.5 inches tall and used 1,765 donuts!



# CUPCAKES

## Red Light: Eat Less!

Aim to only eat foods high in sugar every once in a while. Did you know the largest cupcake weighed 2,954 pounds and was 36 inches tall?



# FRIES

## **Red Light: Eat Less!**

Make your own fries that are healthier! Slice potatoes (try sweet potatoes!), coat with olive oil, and roast in an oven.



# PIZZA

## Red Light: Eat Less!

Toppings matter! Make your own pizza and top it with several proteins and veggies.



# SODA POP

## Red Light: Eat Less!

Soda has a lot of added sugar and sweeteners. Additionally, it contains ingredients that damage your teeth.



# WHITE SAUCE & CHEESE SAUCE

## Red Light: Eat Less!

Creamy sauces can add extra calories. Try pesto or red marinara instead!



# ICE CREAM

## **Red Light: Eat Less!**

Ice cream is filled with sugar, so it is a great treat to have every once in a while. Stick with one scoop that is the size of a tennis ball.

