



SESSION 8 CHALLENGE

Swap your sugary drinks for milk and water! Track each day your complete the challenge. Make sure to review what you've learned in the session review.

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5

THINK YOUR FUEL

- Food is fuel for your body and brain.
- Use a stoplight as a tool to help yourself plan healthy food choices.
- Food labels help you make nutritious choices.
- Look at servings and sugar content when you read a label.
- If you feel bored or tired, move or relax instead of snacking.

LEARN MORE ONLINE

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

BUILD A MEAL



FOOD BINGO



LEARN MORE

- Food is Fuel
- Understanding Food Nutrition Labels