



Flying Pig Kids Marathon



Nutrition Challenge

Vary Your Veggies!

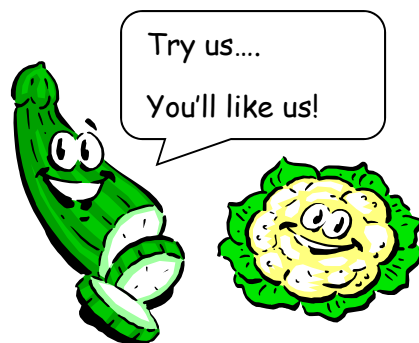
Did you know?

"Eat your vegetables!" We have all heard that one. Vegetables are an important source of vitamins and nutrients. It can take 10 or more tries of a new food before a person decides to eat it? So, if you *think* you don't or won't like something, *try* again. The USDA MyPyramid tells us to vary our veggies to get the most nutrition. Try something new. Then try it again!

You might like it!

Veggie Tips:

- Pack your lunch with sliced cucumbers, crunchy carrots and celery, and sweet sugar snap peas
- Snack on snappy raw green beans, broccoli "trees" or something new like broccoflower, rabioli, or grape tomatoes.
- Wrap some baby spinach leaves around a piece of cheese and chow down!
- Try a mini can of veggie juice and imagine good nutrition filling you up!



Remember these nutrition tips everyday:

- Eat breakfast!
- Drink water!
- Go for WHOLE grains!
- Vary your veggies!
- Focus on fruits!
- Get calcium-rich food!
- Eat lean protein!
- Drink less soda!

Nutrition Challenge: Try a new veggie this week!

When you have 5 or more fruits and/or veggies a day, give yourself an "X" on your Hog Log.



These tips are provided by
The Nutrition Council of
Greater Cincinnati
www.nutritioncouncil.org

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