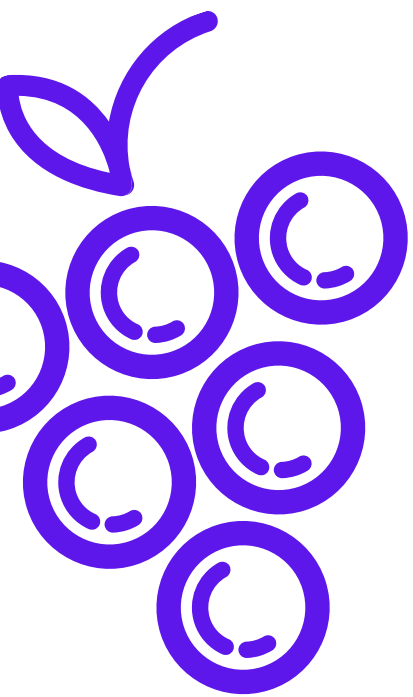




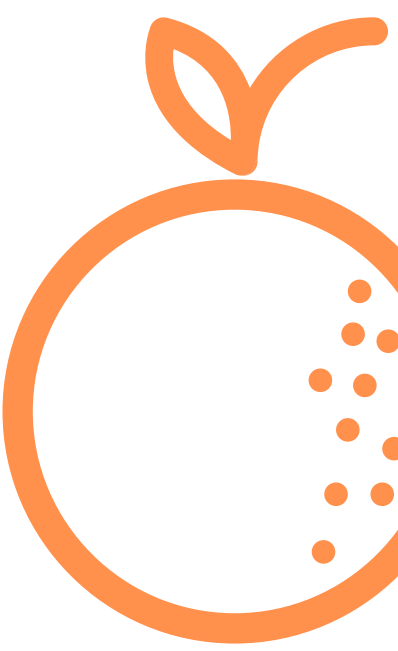
FUEL (FOOD-USING, EATING, LEARNING)



# ***NUTRITIONAL VALUE***



WHAT IS NUTRITIONAL VALUE?  
NUTRITIONAL VALUE MEANS THAT THE  
FOOD YOU ARE EATING IS NOT ONLY  
PROVIDING YOU WITH THE CALORIES YOU  
NEED, BUT ALSO WITH NUTRIENTS THAT  
YOU BODY NEEDS TO FUNCTION.  
CHECK OUT OUR RECIPES AND FOOD  
SWAPS FOR MORE TIPS.



## MAKE YOUR PLATE AS COLORFUL AS POSSIBLE

INCLUDE DIFFERENT FRUITS AND VEGETABLES TO  
INCREASE THE NUTRITIONAL VALUE OF YOUR MEAL.

## CHOOSE WHOLE GRAINS

WHOLE GRAINS CONTAIN IMPORTANT VITAMINS AND  
MINERALS

## INCLUDE A SERVING OF LEAN PROTEIN WHEN POSSIBLE

PROTEIN IS AN ESSENTIAL NUTRIENT AND WILL HELP YOU  
TO FEEL FULL LONGER

## WATCH OUT FOR HIDDEN SUGARS AND SALT

MANY FOODS CONTAIN HIGH AMOUNTS OF SUGARS OR  
SALT THAT CAN HURT YOUR HEALTH.

