



Fuel your body to stay hype!
Do you think of food as fuel
for your body? That is exactly
what food is.

What types of food should I fuel my body with?

Hydrate with **water**. Your kidneys need water to filter waste from the blood and excrete it from your body.



Eating complex carbohydrates such as **whole-grain breads, cereal, or rice**. These food are digested in your body as energy and help keep your hype!

Lean proteins such as **chicken, fish, low-fat or nonfat dairy, or eggs**. Proteins function as building blocks for bones, muscles, cartilage skin and blood. They help carry oxygen in the blood.



A wide variety vegetables such as **leafy greens, broccoli, celery, or corn**. Vegetables have many nutrients which can help combat heart disease, cancer and protect against infections.



Colorful selection of fruit such as **apples, pears, or our farm to school locally grown watermelon**. Fruit provide many nutrients and vitamins like vitamin C which is important to growth and repairs tissue.

