Flying Pig Kids Marathon
Nutrition Challenge
Coordinator Packet

Helping Kids Be Smart, Eat Well and Move More!
# Contents

Packet Overview ................................................................. 3

Nutrition Challenge #1 – Rethink Your Drink .................................. 4
Snack-tivity: Sorta Pop ......................................................... 6

Nutrition Challenge #2 – Focus on Fruits and Veggies ....................... 7
Snack-tivity: Apples ............................................................. 9
Snack-tivity: Fruit Sundae with Vanilla Sauce ............................... 10
Snack-tivity: Walking Salad .................................................. 11
Snack-tivity: Rainbow Roll-Up ............................................. 12
Snack-tivity: Piggy Faces .................................................... 13
Snack-tivity: Fruit Kabobs with Vanilla Sauce .............................. 14

Nutrition Challenge #3 – Go For the Whole Grain ........................... 15
Snack-tivity: Pyramid Power Trail Mix .................................... 17

Nutrition Challenge #4 – Get Calcium! ....................................... 18
Snack-tivity: Strawberry Banana Smoothie ................................ 19
Snack-tivity: Very Berry Yogurt Parfait .................................. 20

Nutrition Labels for all Snack-tivities .......................................... 21
Overview

This packet provides information for coordinators for the Cincinnati Flying Pig Kids Marathon. Within the packet there are four nutrition challenges and ten snack-tivity ideas to help guide coordinators. Each child participating in the marathon fills out a Hog Log with nutrition challenges to accomplish while training for their final mile.

What is a Nutrition Challenge?

There are four nutrition challenges for kids to complete while they train for the Kids Flying Pig Marathon. Challenges are meant to introduce good eating habits. This packet includes ideas on how to incorporate these challenges in a fun, creative way to engage children. There are links, games, tips and craft ideas to help kids become aware of healthy eating habits.

What is a Snack-tivity?

There is at least one snack-tivity included with each nutrition challenge. Snack-tivities are meant to familiarize children to healthy eating in simple, hands-on activities.

More information on the Flying Pig Kids Marathon and Hog Log can be found HERE: http://flyingpigmarathon.com/events/kids-marathon-26th-mile-event/
Nutrition Challenge #1 - Rethink Your Drink

**Key message:** to avoid soda and sweetened drinks

Soda is the number one source of added sugar in the American diet. Most Americans consume 70% more added sugars than recommended by the 2015 Dietary Guidelines.

Encourage kids to stay hydrated with healthier choices like water, milk and 100% juices.

1. Be sure to provide access to water and encourage water at all your activities and events. Provide water bottles to the children - solicit donations from parents, boosters, local businesses.
2. Be a good role model - make sure all adults and volunteers drink water and not sodas.
3. Have kids make their own flavored water flavor pitchers of ice water with different natural flavors like citrus slices, cucumber slices, fresh mint leaves, frozen berries, pineapple or a splash of fruit juice. [http://www.banpac.org/sugar_savvy_curr/2012/pp_ff_wr.pdf](http://www.banpac.org/sugar_savvy_curr/2012/pp_ff_wr.pdf)
5. Plan a label reading activity with drinks [www.oregondairycouncil.org/resources/free_downloads/#ThinkYourDrink](http://www.oregondairycouncil.org/resources/free_downloads/#ThinkYourDrink)
6. Put up a poster or display about healthy drink choices. Here are some free or low cost resources.

- 5-2-1-0 Goes Afterschool Toolkit has lots of kid-friendly handouts and downloadable posters to promote healthy drink choices. [http://www.letsgo.org/toolkits/](http://www.letsgo.org/toolkits/)
Did you know?

One 12 oz. can of sweetened soda pop has 10 teaspoons of added sugar? And a 20 oz. bottle from a vending machine has 17 teaspoons or more! That much sugar can do some serious damage to teeth, promoting cavities, and add lots and lots of unhealthy calories. Even sugar free soda takes up space in your tummy that should be reserved for healthy foods & beverages that will keep you energized.

Try this healthy alternative to sugary pop!

**Sorta Pop**

**Makes 1 Serving (8 ounces)**

**Ingredients:**
- 4 ounces 100% fruit juice, any flavor
- 4 ounces sparkling water

**Instructions:**
1. Pour juice into large cup.
2. Slowly add sparkling water; stir gently with a spoon. Serve chilled or with ice.

_Nutrition information per serving (based off grape juice): 60 calories, 0 gm protein, 14 gm carbohydrate, 0 gm dietary fiber, 0 gm fat, 0 mg cholesterol, 15g sodium._
Focus on Fruits

Key message: is to eat more fruits and vegetables and eat less processed foods like chips and candy.

Most children do not get the recommended 1½ cups of fruit and 2½ cups of vegetables each day.

Encourage kids to focus on fruits and vegetables as a snack like mini pizzas with vegetable toppings, fresh fruit and raw vegetables with dip.

1. Be sure to provide at least one fruit or vegetable as part of a food activity or during snack time.
2. Be a good role model – encourage all staff and volunteers to eat fresh fruit instead of candy and chips as a snack.
3. Hold a Fruit & Vegetable Tasting – try exotic fruits like mango, pineapple, kiwi or root vegetables like radishes, carrots, turnips, parsnips.
4. Plan a label reading activity comparing healthy snacks with less nutritious snacks (i.e., an apple versus a fruit snacks, or carrots versus potato chips).
5. Encourage kids to eat more fruits and vegetables by playing online games. www.foodchamps.org.
6. Give a class on 'harvest of the month'. Choose from a variety of different fruits and vegetables. http://www.harvestofthemonth.com/
7. Parents and educators can find resources on growing, shopping and preparing fruits and vegetables at www.fruitsandveggiesmorematters.org.

8. Put up a poster or display about healthy snack choices. Below are some free or low cost resources.
• **5-2-1-0 Goes Afterschool Toolkit** has lots of kid-friendly handouts to encourage kids to eat 5 fruits and vegetables every day. [http://www.letsgo.org/resources/5210GoesAfterSchoolToolkit.php](http://www.letsgo.org/resources/5210GoesAfterSchoolToolkit.php)

• **Team Nutrition** has brochures and mini posters on snacks and healthy eating. [http://www.fns.usda.gov/tn/team-nutrition](http://www.fns.usda.gov/tn/team-nutrition)

• **The Original Fast Food Poster**
  [http://www.uwy.edu/WINTHEROCKIES_EDUR/WIN%20the%20Rockies%20Posters/veg%20card.jpg](http://www.uwy.edu/WINTHEROCKIES_EDUR/WIN%20the%20Rockies%20Posters/veg%20card.jpg)
# Apple Smiles

**Makes 4 servings**

**Ingredients:**
- 1 apple
- ¼ cup dry cereal (toasted oats or Chex™)
- 2 tablespoons peanut butter or raisins

**Instructions:**
1. Core apple and cut into 8 wedges (or use apple wedge slicer if available).
2. Spread peanut butter on apple wedges. Place dry cereal (or raisins) on peanut butter for teeth. Eat and enjoy!

*Nutrition information per serving: 80 calories, 2 gm protein, 9 gm carbohydrate, 4 gm fat, 1 gm dietary fiber, 0 mg cholesterol, 50 mg sodium.*

---

# Cinnamon Sugar Apple Slices

**Makes 2-3 servings**

**Ingredients:**
- 1 medium apple
- 1-2 tablespoons cinnamon-sugar

**Instructions:**
1. Wash apple. Cut into wedges, removing core.
2. Sprinkle cinnamon-sugar on a plate or in a bowl. Dip apple wedges in cinnamon-sugar to lightly coat. Serve immediately. Enjoy!

*Nutrition information per ¼ apple: 60 calories, 0 gm protein, 16 gm carbohydrate, 0 gm fat, 3 gm dietary fiber, 0 mg cholesterol, 0 mg sodium.*

---

**Did You Know?**

- Apples make a quick and healthy snack – just wash and bite for a sweet, crispy treat.
- A medium apple is an excellent source of fiber and a good source of Vitamin C.
- One small apple counts as a cup of fruit.
- MyPlate says kids 6 – 11 years old need 1½ cup of fruit each day.
# Crunchy Fruit Sundae

## Ingredients:
- 1 can sliced pears packed in fruit juice, drained
- 1 can sliced peaches, packed in fruit juice, drained
- 1 medium banana, peeled and sliced
- 1 kiwi, peeled and coarsely chopped
- 24 red grapes, cut in half
- 2 whole graham crackers, crushed
- **Topping Vanilla Fruit Sauce** (see recipe below)

## Instructions:
1. Combine canned and cut fruit in a medium bowl. Stir gently to mix.
2. Spoon fruit mixture into 6 individual serving cups.
3. Top with 2 to 3 tablespoons of Vanilla Fruit Sauce and sprinkle with crushed graham crackers.

**Nutrition information per serving:** 140 calories, 1 gm protein, 33 gm carbohydrate, 1 gm fat, 3 gm dietary fiber, 0 mg cholesterol, 40 mg sodium. (does not include Vanilla Fruit Sauce recipe below)

## Vanilla Fruit Sauce

Makes 12 Serving (2 Tbsp. per serving); About 1 ½ cups

## Ingredients:
- ½ cup unsweetened applesauce
- 6-8 ounces low-fat vanilla yogurt
- ½ teaspoon ground cinnamon
- 1/8 teaspoon ground nutmeg

## Instructions:
1. Combine all Fruit Sauce ingredients in a small bowl. Stir completely.
2. Refrigerate until sundae is prepared.

**Nutrition information per serving (using 8 oz of yogurt):** 20 calories, 1 gm protein, 4 gm carbohydrate, 0 gm dietary fiber, 0 gm fat, 0 mg cholesterol, 15g sodium.
Flying Pig Kids Marathon
Pig Power Snack-tivity

Walking Salad

Did You Know?
- Vegetables are an important source of vitamins and minerals including vitamins A & C helps you see better and keeps your skin and hair healthy.
- Eat a rainbow of vegetables each day for good health.
- MyPlate says kids need 2 ½ cups of vegetables each day.

Walking Salad

Makes 4 Servings (1/2 Pocket)

Ingredients
2 cups romaine lettuce leaves, torn
1 cup broccoli flowerets, chopped
1 cup shredded carrots
½ cup raisins
¼ cup sunflower seeds, unsalted
2 whole wheat pita pockets
¼ cup light Ranch dressing

Instructions:
1. Cut each pita pocket in half
2. In a large bowl, mix together the remaining ingredients.
3. Divide mixture into four portions and place in the pocket of each pita.

Nutrition information per serving: 230 calories, 7 gm protein, 35 gm carbohydrate, 3 gm dietary fiber, 7 gm fat, <1 mg cholesterol, 310 mg sodium.

Hog Log Challenges
☒Focus on Fruits and Veggies!
☒Go For the Whole Grain!
Flying Pig Kids Marathon  
Pig Power Snack-tivity  

Rainbow Roll-Up

Easy Ways to 5-A-Day!
1. Pack your lunch with cucumber slices, celery, carrots or sugar snap peas.
2. Snack on broccoli “trees”, grape tomatoes, and pepper strips.
3. Wrap up some baby spinach leaves around a piece of string cheese and chow down.
4. Add vegetables like shredded carrots, cucumbers and tomatoes to sandwiches.
5. Stuff celery with peanut butter for a quick, healthy snack.

Rainbow Roll-Up  
Makes 1 Roll-Up

Ingredients
1 tortilla, whole wheat  
2 teaspoons light mayonnaise or mustard  
6-8 leaves of baby spinach  
½ hard cooked egg, chopped or sliced  
2 tablespoons shredded carrots  
2 tablespoons reduced fat cheddar cheese  
1 thin slice deli turkey or turkey ham

Instructions:
1. Spread mayonnaise or mustard on tortilla if you like either of these ingredients.
2. Arrange spinach leaves on tortilla. Sprinkle shredded carrots on top of spinach layer.
3. Place turkey or turkey ham slice on top of shredded carrots.
4. Place shredded cheese on top of turkey. Add pieces of hard cooked egg.
5. Fold 1 edge of tortilla over about ½-inch. Then, roll like a jelly roll – start at one side and roll as tightly as possible.
6. Cut roll-up in half or quarters to eat.

Nutrition information per roll-up: 270 calories, 18 gm protein, 26 gm carbohydrate, 1 gm dietary fiber, 10 gm fat, 583 mg sodium.
Flying Pig Kids Marathon
Pig Power Snack-tivity

Piggy Faces

**Ingredients:**
- 2 Whole wheat bagels
- 4 Tbsp. humus or cream cheese
- 4 Cherry tomatoes, cut in half
- 1 Medium carrot, sliced into rounds
- 4 sugar snap peas
- 1 cucumber, sliced
- 1 green bell pepper, cut into strips

**Instructions:**
1. Spread cream cheese or humus on each bagel half.
2. Create your piggy face by using the cherry tomatoes for the eyes, and the pepper strips for the ears.
3. Make the pig’s snout using the cucumber and carrot slices, for the mouth use a sugar snap pea.
4. Finish the pig off with a pepper strip for the tail.
5. Or create your own piggy face with a variety of vegetables. Then pig out!

*Nutrition information per serving: 180 calories, 7 gm protein, 33 gm carbohydrate, 2 gm dietary fiber, 2.5 gm fat, 0 mg cholesterol, 290 mg sodium.*
Fruit Kabobs

**Ingredients**
- 1 Can (8 ounces) pineapple chunks, packed in juice
- 24 Seedless grapes
- ¼ Cup orange juice
- 1 Can (15 ounces) mandarin oranges, light syrup or juice, drained
- ½ Teaspoon ground cinnamon
- 1 Banana, peeled and cut into 1-inch pieces
- 2 Kiwis, peeled and cut into 1-inch pieces
- 24 Wooden skewers or king size toothpicks

**Instructions:**
1. Drain pineapple chunks, reserving juice into a small bowl. Add orange juice and cinnamon to pineapple juice. Stir to combine.
2. Put banana slices and apple chunks in bowl with juices. Toss to coat. Set aside.
3. Be sure all fruit is cut into pieces small enough to put on the skewers or toothpicks.
4. Build kabobs by placing one piece of each type of fruit on a skewer. Repeat until all fruit is used.
5. Serve with Vanilla Fruit Sauce (recipe below).

*Nutrition information per serving (excludes fruit sauce): 50 calories, 1 gm protein, 12 gm carbohydrate, 1 gm dietary fiber, 0 gm fat, 0 mg cholesterol, 0 mg sodium.*

Vanilla Fruit Sauce

**Makes 12 Servings (2 Tbsp. per serving); About 1 ½ cups**

**Ingredients**
- ½ cup unsweetened applesauce
- 6-8 ounces low-fat vanilla yogurt
- ½ teaspoon ground cinnamon
- 1/8 teaspoon ground nutmeg

**Instructions:**
1. Combine all Fruit Sauce ingredients in a small bowl. Stir completely.
2. Refrigerate until kabobs are prepared.

*Nutrition information per serving (using 8 oz.of yogurt): 20 calories, 1 gm protein, 4 gm carbohydrate, 0 gm dietary fiber, 0 gm fat, 0 mg cholesterol, 15g sodium.*
Challenge #3 - Go For the Whole Grain

**Key message:** to make have your grains whole.

School-aged children need 3 to 5 servings of whole grains each day. Whole grains foods provides fiber, B vitamins and other important nutrients.

Encourage kids to eat more whole grains like whole wheat English muffins, oatmeal and whole grain breakfast cereals.

1. Serve whole grain foods during snack time. Try whole wheat crackers with cheese, mini pizzas made with whole wheat English muffins, trail mix made with whole grain cereals (shredded wheat and toasted oats).

2. Plan a label reading activity comparing different whole grain food to refined foods (i.e., breads, cereals, rice, oatmeal). Tell the students to look at the ingredient list; the first words should read “whole” or “whole grain”.

3. Play “Match the Whole Grain” Game. Choose several whole grain foods and ask students to match the grain with the descriptors. Whole grain foods can be put into clear plastic cups. Try brown rice, barley, oatmeal, quinoa, whole wheat couscous.

4. Host an Around the World Party - Taste whole grains from different cultures. Try corn tortillas (Mexico), whole wheat pita pockets (Middle East), whole wheat bagels (Europe), and popcorn (US).
5. Try one of the many lesson plans on whole grains these sites:

- PBS Kids:
  
  http://cet.pbslearningmedia.org/resource/bbdd52f2-8721-487a-8273-e77f307fc1d1/bbdd52f2-8721-487a-8273-e77f307fc1d1/

- Visit wholegrainscouncil.org
  
  http://www.wholegrainscouncil.org/resources/pdfs-from-the-whole-grains-council

6. Make a whole grain bulletin board with a collage of whole grain packages and posters. Here are some free or low cost resources.

Flying Pig Kids Marathon
Pig Power Snack-tivity

Pyramid Power Trail Mix

Did you know?

Whole grains supply our bodies with energy and lots of powerful vitamins & minerals. Whole grains have the most nutrition per bite because they are close to their natural form. The MyPlate icon tells us to make half of our grains whole! Some really healthy whole grains are: whole wheat bread, brown rice, oatmeal, whole wheat pasta, whole grain cereal, and popcorn...just to name a few!

This Trail Mix is perfect for an on-the-go snack. Pack in your backpack for a delicious afterschool snack!

**Pyramid Power Trail Mix**

Makes 8 Servings (about 2/3 cup)

**Ingredients**

- 2 cups Cheerios® cereal
- 2 cups mini pretzel twists
- ¼ cup dry roasted peanuts, unsalted
- ¼ cup unsalted sunflower seeds
- ½ cup raisins
- ¼ cup M&M® candies

**Instructions:**

1. Put all ingredients into a large bowl.
2. Stir gently to combine. Store in a sealed container until ready to serve.

Nutrition information per serving: 150 calories, 3 gm protein, 21 gm carbohydrate, 1 gm dietary fiber, 0 gm fat, 0 mg cholesterol, 60 mg sodium.
**Nutrition Challenge #4 – Get Calcium!**

**Key message:** to consume at least 3 servings of low-fat dairy products each day.

The Dairy group includes milk, yogurt, cheese and fortified soymilk. Foods from the Dairy Group provide calcium, vitamin D, potassium, protein and other nutrients for good health.

Encourage kids to enjoy a calcium-rich snack like Fruit Smoothies, Fruit & Yogurt Parfaits, or Cheese & Fruit Kabobs.

1. Be sure to provide at least one dairy food as part of a food activity or during snack time.
2. Have students guess the amount of sugar in different drinks. Visit Washington Dairy Council’s website: [www.eatsmart.org](http://www.eatsmart.org) for more details.
3. Using Dairy Council Food Models, plan a label reading activity comparing different types of milk. (i.e., skim, 1% milk, whole milk and chocolate milk).
4. Encourage students to see if they are getting enough calcium. Try interactive quizzes and games [www.dairycouncilofca.org](http://www.dairycouncilofca.org) with your students.
5. Become a [Fuel Up to Play 60](https://www.fueluptoplay60.org) school. Grant monies are available through the National Dairy Council.
6. Play “Nutritionary” Game with your students. [www.oregondairycouncil.org/resources/free_downloads/#ThinkYourDrink](http://www.oregondairycouncil.org/resources/free_downloads/#ThinkYourDrink)
Flying Pig Kids Marathon
Pig Power Snack-tivity

Strawberry Banana Smoothie

Did you know?
Dairy foods are a terrific source of calcium, protein and riboflavin. We need these to build healthy, strong bones and teeth. The MyPlate icon says to get 3 servings of calcium-rich foods a day. A serving is 1 cup of milk, 1 cup of yogurt, and 1 oz slice of cheese.

Try this Strawberry Banana Smoothie to meet two Hog Log Challenges. This smoothie is great for before or after your 1-mile walk/run. Enjoy!

Strawberry Banana Smoothie
Makes 2 servings

Ingredients
1 container (6 ounces) low-fat vanilla yogurt
½ cup orange juice
1 medium banana, peeled and sliced
1 cup frozen, unsweetened strawberries

Instructions:
1. Place all ingredients in a blender and mix until smooth. Or put ingredients in a tall glass or pitcher; use a hand-held blender to puree until smooth.
2. Divide into 2 glasses, about 8 ounces each. Serve immediately.

Nutrition information per serving: 180 calories, 6 gm protein, 39 gm carbohydrate, 3 gm dietary fiber, 1.5 gm fat, 5 mg cholesterol, 60 mg sodium.

Hog Log Challenges
☑ Focus on Fruits and Veggies!
☑ Get Calcium!
3 Easy Ways to 3-A-Day!

Don’t forget to feed your teeth and bones with 3-A-Day calcium. Here are 3 ways to get 3-A-Day!

3. Pack string cheese in your lunch or backpack.
4. Instead of soda, drink low-fat plain or chocolate milk
5. Dip fruit in flavored yogurt.

Very Berry Yogurt Parfait

Ingredients
1 container (6 ounces) low-fat vanilla yogurt
¼ cup sliced fresh strawberries
½ cup frozen, unsweetened blueberries
1 tablespoon low-fat granola

Instructions:
1. Spoon about 2 ounces of yogurt into the bottom of a 9-ounce clear plastic cup.
2. Top with frozen berries. Cover with 2 ounces of yogurt.
3. Add sliced strawberries and top with remaining 2 ounces of yogurt.
4. Sprinkle low-fat granola on top if desired. Serve immediately.

Nutrition information per serving: 220 calories, 9 gm protein, 40 gm carbohydrate, 3 gm dietary fiber, 3 gm fat, 10 mg cholesterol, 130 mg sodium.
<table>
<thead>
<tr>
<th>Food Item</th>
<th>Nutrition Facts</th>
<th>Nutrition Facts</th>
<th>Nutrition Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Sorta Pop</strong></td>
<td><strong>Apple Smiles</strong></td>
<td><strong>Cinnamon Sugar Apple Slices</strong></td>
<td><strong>Crunchy Fruit Salad</strong></td>
</tr>
<tr>
<td>servings per container</td>
<td>servings per container</td>
<td>servings per container</td>
<td>servings per container</td>
</tr>
<tr>
<td>Serving size</td>
<td>(227g)</td>
<td>(48g)</td>
<td>(68g)</td>
</tr>
<tr>
<td>Amount per serving</td>
<td>Calories</td>
<td>Calories</td>
<td>Calories</td>
</tr>
<tr>
<td></td>
<td>60</td>
<td>80</td>
<td>60</td>
</tr>
<tr>
<td></td>
<td>% Daily Value*</td>
<td>% Daily Value*</td>
<td>% Daily Value*</td>
</tr>
<tr>
<td>Total Fat</td>
<td>0g</td>
<td>0g</td>
<td>0g</td>
</tr>
<tr>
<td>% Daily Value*</td>
<td>0%</td>
<td>0%</td>
<td>0%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0g</td>
<td>0g</td>
<td>0g</td>
</tr>
<tr>
<td>% Daily Value*</td>
<td>0%</td>
<td>0%</td>
<td>0%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td>0g</td>
<td>0g</td>
</tr>
<tr>
<td>% Daily Value*</td>
<td>0%</td>
<td>0%</td>
<td>0%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
<td>0mg</td>
<td>0mg</td>
</tr>
<tr>
<td>% Daily Value*</td>
<td>0%</td>
<td>0%</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium</td>
<td>15mg</td>
<td>50mg</td>
<td>20mg</td>
</tr>
<tr>
<td>% Daily Value*</td>
<td>1%</td>
<td>2%</td>
<td>1%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>14g</td>
<td>9g</td>
<td>16g</td>
</tr>
<tr>
<td>% Daily Value*</td>
<td>5%</td>
<td>3%</td>
<td>5%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>0g</td>
<td>1g</td>
<td>1g</td>
</tr>
<tr>
<td>% Daily Value*</td>
<td>0%</td>
<td>1%</td>
<td>1%</td>
</tr>
<tr>
<td>Total Sugars</td>
<td>13g</td>
<td>5g</td>
<td>11g</td>
</tr>
<tr>
<td>% Daily Value*</td>
<td>5%</td>
<td>2%</td>
<td>4%</td>
</tr>
<tr>
<td>Includes 0g Added Sugars</td>
<td>0%</td>
<td>0%</td>
<td>0%</td>
</tr>
<tr>
<td>Protein</td>
<td>0g</td>
<td>2g</td>
<td>0g</td>
</tr>
<tr>
<td>% Daily Value*</td>
<td>0%</td>
<td>2%</td>
<td>0%</td>
</tr>
<tr>
<td>Vitamin D -mcg</td>
<td>0mcg</td>
<td>0mcg</td>
<td>0mcg</td>
</tr>
<tr>
<td>Calcium</td>
<td>0mg</td>
<td>2mg</td>
<td>0mg</td>
</tr>
<tr>
<td>% Daily Value*</td>
<td>0%</td>
<td>2%</td>
<td>0%</td>
</tr>
<tr>
<td>Iron</td>
<td>0mg</td>
<td>0mg</td>
<td>0mg</td>
</tr>
<tr>
<td>% Daily Value*</td>
<td>0%</td>
<td>0%</td>
<td>0%</td>
</tr>
<tr>
<td>Potassium</td>
<td>0mg</td>
<td>50mg</td>
<td>20mg</td>
</tr>
<tr>
<td>% Daily Value*</td>
<td>0%</td>
<td>2%</td>
<td>1%</td>
</tr>
</tbody>
</table>

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:
- Fat: 9
- Carbohydrate: 4
- Protein: 4

Calories per serving:
- Fat: 0
- Carbohydrate: 0
- Protein: 0
<table>
<thead>
<tr>
<th></th>
<th>Rainbow Roll-Up</th>
<th>Piggy Faces</th>
<th>Fruit Kabobs</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Nutrition Facts</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>servings per container</td>
<td>(160g)</td>
<td>(211g)</td>
<td>(91g)</td>
</tr>
<tr>
<td>Serving size</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Amount per serving</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Calories</td>
<td>270</td>
<td>180</td>
<td>50</td>
</tr>
<tr>
<td>% Daily Value*</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>10g</td>
<td>2.5g</td>
<td>0g</td>
</tr>
<tr>
<td>% Daily Value*</td>
<td>13%</td>
<td>5%</td>
<td>0%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>3.5g</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>% Daily Value*</td>
<td>18%</td>
<td>0%</td>
<td>0%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>100mg</td>
<td>0mg</td>
<td>0%</td>
</tr>
<tr>
<td>% Daily Value*</td>
<td>33%</td>
<td>0%</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium</td>
<td>1140mg</td>
<td>240mg</td>
<td>0mg</td>
</tr>
<tr>
<td>% Daily Value*</td>
<td>60%</td>
<td>10%</td>
<td>0%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>26g</td>
<td>33g</td>
<td>9g</td>
</tr>
<tr>
<td>% Daily Value*</td>
<td>9%</td>
<td>12%</td>
<td>4%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>1g</td>
<td>2g</td>
<td>1g</td>
</tr>
<tr>
<td>% Daily Value*</td>
<td>4%</td>
<td>7%</td>
<td>4%</td>
</tr>
<tr>
<td>Total Sugars</td>
<td>4g</td>
<td>6g</td>
<td>0g</td>
</tr>
<tr>
<td>Includes 0g Added Sugars</td>
<td>0%</td>
<td>0%</td>
<td>0%</td>
</tr>
<tr>
<td>Protein</td>
<td>10g</td>
<td>7g</td>
<td>1g</td>
</tr>
<tr>
<td>% Daily Value*</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vitamin D</td>
<td>0mcg</td>
<td>0mcg</td>
<td>0mcg</td>
</tr>
<tr>
<td>% Daily Value*</td>
<td>0%</td>
<td>0%</td>
<td>0%</td>
</tr>
<tr>
<td>Calcium</td>
<td>156mg</td>
<td>40mg</td>
<td>11mg</td>
</tr>
<tr>
<td>% Daily Value*</td>
<td>15%</td>
<td>4%</td>
<td>0%</td>
</tr>
<tr>
<td>Iron</td>
<td>3mg</td>
<td>2mg</td>
<td>0mg</td>
</tr>
<tr>
<td>% Daily Value*</td>
<td>15%</td>
<td>10%</td>
<td>0%</td>
</tr>
<tr>
<td>Potassium</td>
<td>340mg</td>
<td>375mg</td>
<td>109mg</td>
</tr>
<tr>
<td>% Daily Value*</td>
<td>6%</td>
<td>8%</td>
<td>4%</td>
</tr>
</tbody>
</table>

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

<table>
<thead>
<tr>
<th>Power Pyramid Trail Mix</th>
<th>Strawberry Banana Smoothie</th>
<th>Berry Yogurt Parfait</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Nutrition Facts</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>servings per container</td>
<td>(34g)</td>
<td>(281g)</td>
</tr>
<tr>
<td>Serving size</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Amount per serving</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Calories</td>
<td>150</td>
<td>180</td>
</tr>
<tr>
<td>% Daily Value*</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>6g</td>
<td>1.5g</td>
</tr>
<tr>
<td>% Daily Value*</td>
<td>8%</td>
<td>2%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>1.5g</td>
<td>1g</td>
</tr>
<tr>
<td>% Daily Value*</td>
<td>8%</td>
<td>6%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td>0g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
<td>2mg</td>
</tr>
<tr>
<td>% Daily Value*</td>
<td>0%</td>
<td>2%</td>
</tr>
<tr>
<td>Sodium</td>
<td>90mg</td>
<td>30mg</td>
</tr>
<tr>
<td>% Daily Value*</td>
<td>3%</td>
<td>3%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>21g</td>
<td>33g</td>
</tr>
<tr>
<td>% Daily Value*</td>
<td>8%</td>
<td>14%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>1g</td>
<td>3g</td>
</tr>
<tr>
<td>% Daily Value*</td>
<td>4%</td>
<td>11%</td>
</tr>
<tr>
<td>Total Sugars</td>
<td>13g</td>
<td>26g</td>
</tr>
<tr>
<td>Includes 0g Added Sugars</td>
<td>0%</td>
<td>0%</td>
</tr>
<tr>
<td>Protein</td>
<td>3g</td>
<td>6g</td>
</tr>
<tr>
<td>% Daily Value*</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vitamin D</td>
<td>0mcg</td>
<td>0mcg</td>
</tr>
<tr>
<td>% Daily Value*</td>
<td>0%</td>
<td>0%</td>
</tr>
<tr>
<td>Calcium</td>
<td>45mg</td>
<td>167mg</td>
</tr>
<tr>
<td>% Daily Value*</td>
<td>4%</td>
<td>15%</td>
</tr>
<tr>
<td>Iron</td>
<td>3mg</td>
<td>1mg</td>
</tr>
<tr>
<td>% Daily Value*</td>
<td>15%</td>
<td>6%</td>
</tr>
<tr>
<td>Potassium</td>
<td>163mg</td>
<td>68mg</td>
</tr>
<tr>
<td>% Daily Value*</td>
<td>4%</td>
<td>15%</td>
</tr>
</tbody>
</table>

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

<table>
<thead>
<tr>
<th>Calories per gram</th>
<th>Fat 3g</th>
<th>Carbohydrate 4g</th>
<th>Protein 4g</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Fat 3g</td>
<td>Carbohydrate 4g</td>
<td>Protein 4g</td>
</tr>
</tbody>
</table>