

GETFIT CHALLENGE

What are you craving? Make it a healthy choice.

Fresh Fruit

Apple
Apricot
Avocado
Banana
Berries:
-blueberry
-raspberry
-strawberry
-blackberry
Cherries
Plum
Grapes
Grapefruit
Kiwi
Mango
Melon
-cantaloupe
-honeydew
Nectarine
Oranges
Papaya
Peaches
Pears
Pineapple
Watermelon

Fresh Vegetables

Broccoli
Carrots
Cauliflower
Celery
Chickpeas
Cucumber
Jicama
Edamame (soybeans)
Peppers (red, yellow)
Radish
Snow peas
Tomatoes

Salty

Genisoy Soy Crisps
Baked Lays Chips
Pickles (okra/corn)
Low Salt Popcorn
w/Olive Oil
Snap Pea Crisps
Nuts
Flavored Mini Rice
Cakes
SunChips

Sweet

Fruit
Jell-O (sugar free)
Dried Fruit
Raisins
Carob Chips
Chocolate-of
80% Cocoa
Genisoy Sweet
Crisps
Fiber One Bar

Creamy

Low Fat Yogurt
Skim Cheeses:
Cottage, String
or Cubes.
Smoothie
Yogurt Covered
Nuts & Fruits
Hard Boiled Egg
Laughing Cow
Spreadable
Cheese
Naked Juice
Drink

Crunchy

Banana Chips
Raw Nuts
Cherry Tomatoes
Celery
Cucumber
Dried Cranberries
w/Almonds or
Walnuts
Jicama
Apple
Vegetables
Rice Cakes
Pretzel Chips
Quaker Quakes
Trail Mix
Granola
Go Lean Kashi
Protein and Fiber
Bars
Triscuits

*Add natural peanut
butter or low cal dip
or hummus to any
of the above.

Monitor your portion size by using Ziploc 100 calorie snack bags.

Look for healthy food options at Hy-Vee that are marked with a Get Fit/Be Fit sticker

Get Your Daily Intake of Fruits and Vegetables

Your best source of nutrients will always come from the actual fruit or vegetable.
HALF of your plate should be fruits and vegetables.

Daily requirement is a combination of 5 servings of fruits and vegetables daily.
What does a serving look like?

Fruit and Vegetables

1 banana	8 large strawberries	12 baby carrots
1 cup berries	8 cherry tomatoes	1/2 small cantaloupe
1 large kiwi	4 rings of pineapple	1 medium bell pepper
6 spears of asparagus		10 broccoli florets
1 medium potato or sweet potato		1 medium grapefruit or orange

Other options to count as a serving

1/2 cup canned vegetables	1/4 cup marinara sauce	1 cup salsa
1 cup broth based soup	1/3 cup tomato sauce	3 prunes or dates
1/2 cup applesauce	1/2 cup 100% fruit juice	2T of raisins
1/3 cup tomato or vegetable soup		