

5

PINEAPPLE

NUTRITION BENEFITS:
Vitamins & minerals
Antioxidants
Water

Fuel Food

10

STRAWBERRIES

NUTRITION BENEFITS:
Vitamins & minerals
Antioxidants
Water
Fiber

Fuel Food

10

WATERMELON

NUTRITION BENEFITS:
Vitamins & minerals
Water

Fuel Food

15

MANDARIN ORANGES

NUTRITION BENEFITS:
Vitamins & minerals
Water

Fuel Food

15

APPLES

NUTRITION BENEFITS:
Vitamins & minerals
Water
Fiber

Fuel Food

20

BANANAS

NUTRITION BENEFITS:
Vitamins & minerals
Fiber

Fuel Food

20

BLUEBERRIES

NUTRITION BENEFITS:
Vitamins & minerals
Antioxidants
Water

Fuel Food

25

GRAPES

NUTRITION BENEFITS:
Vitamins & minerals
Water
Fiber

Fuel Food

25

CANTALOUPE

NUTRITION BENEFITS:
Energy
Vitamins & minerals
Water

Fuel Food

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WHOLE WHEAT PASTA

NUTRITION BENEFITS:
Energy
Vitamins & minerals
Fiber

Fuel Food

10

OATMEAL

NUTRITION BENEFITS:
Energy
Vitamins & minerals
Fiber

Fuel Food

10

QUINOA

NUTRITION BENEFITS:
Energy
Vitamins & minerals
Protein
Fiber

Fuel Food

15

BROWN RICE

NUTRITION BENEFITS:
Energy
Vitamins & minerals
Fiber

Fuel Food

15

WHOLE GRAIN CEREAL

NUTRITION BENEFITS:
Energy
Vitamins & minerals
Fiber

Fuel Food

20

POPCORN

NUTRITION BENEFITS:
Energy
Vitamins & minerals
Fiber

Fuel Food

20

WHOLE WHEAT BREAD

NUTRITION BENEFITS:
Energy
Vitamins & minerals
Fiber

Fuel Food

25

WHOLE WHEAT TORTILLA

NUTRITION BENEFITS:
Energy
Vitamins & minerals
Fiber

Fuel Food

25

BARLEY

NUTRITION BENEFITS:
Energy
Vitamins & minerals
Fiber

Fuel Food

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CELERY

NUTRITION BENEFITS:
 Vitamins & minerals
 Water
 Fiber

Fuel Food

10

AVOCADOS

NUTRITION BENEFITS:
 Vitamins & minerals
 Healthy fats
 Fiber

Fuel Food

10

TOMATOES

NUTRITION BENEFITS:
 Vitamins & minerals
 Water
 Fiber

Fuel Food

15

SPINACH

NUTRITION BENEFITS:
 Vitamins & minerals
 Bone strength

Fuel Food

15

CUCUMBER

NUTRITION BENEFITS:
 Vitamins & minerals
 Antioxidants
 Water

Fuel Food

20

BROCCOLI

NUTRITION BENEFITS:
 Vitamins & minerals
 Water
 Fiber

Fuel Food

20

CARROTS

NUTRITION BENEFITS:
 Vitamins & minerals
 Antioxidants
 Fiber

Fuel Food

25

MUSHROOMS

NUTRITION BENEFITS:
 Vitamins & minerals
 Antioxidants
 Water
 Fiber

Fuel Food

25

CAULIFLOWER

NUTRITION BENEFITS:
 Energy
 Vitamins & minerals
 Water
 Fiber

Fuel Food

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STEAK

NUTRITION BENEFITS:
Vitamins & minerals
Stength & muscle building

Fuel Food

10

SALMON

NUTRITION BENEFITS:
Vitamins & minerals
Omega-3 fatty acid

Fuel Food

10

NUTS

NUTRITION BENEFITS:
Vitamins & minerals
Healthy fats

Fuel Food

15

GROUND BEEF

NUTRITION BENEFITS:
Vitamins & minerals
Stength & muscle building

Fuel Food

15

TUNA

NUTRITION BENEFITS:
Vitamins & minerals
Omega-3 fatty acid

Fuel Food

20

BEANS

NUTRITION BENEFITS:
Vitamins & minerals
Fiber

Fuel Food

20

TURKEY

NUTRITION BENEFITS:
Vitamins & minerals
Stength & muscle building

Fuel Food

25

DELI ROAST BEEF

NUTRITION BENEFITS:
Vitamins & minerals
Stength & muscle building

Fuel Food

25

DELI SMOKED HAM

NUTRITION BENEFITS:
Energy
Vitamins & minerals
Healthy fats
Protein

Fuel Food

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SHREDDED CHEESE

NUTRITION BENEFITS:
Vitamins & minerals
Calcium
Protein

Fuel Food

DAIRY

10

YOGURT

NUTRITION BENEFITS:
Vitamins & minerals
Probiotics
Calcium
Protein

Fuel Food

DAIRY

10

SOY BEVERAGE

NUTRITION BENEFITS:
Vitamins & minerals
Omega-3 fatty acid
Calcium
Protein

Fuel Food

DAIRY

15

STRING CHEESE

NUTRITION BENEFITS:
Energy
Vitamins & minerals
Calcium
Protein

Fuel Food

DAIRY

15

MILK

NUTRITION BENEFITS:
Vitamins & minerals
Calcium
Protein
Water

Fuel Food

DAIRY

20

COTTAGE CHEESE

NUTRITION BENEFITS:
Vitamins & minerals
Calcium
Protein

Fuel Food

DAIRY

20

CRUMBLLED CHEESE

NUTRITION BENEFITS:
Vitamins & minerals
Calcium
Protein

Fuel Food

DAIRY

25

SOUR CREAM

NUTRITION BENEFITS:
Vitamins & minerals
Calcium
Protein

Fuel Food

DAIRY

25

FROZEN YOGURT

NUTRITION BENEFITS:
Vitamins & minerals
Probiotics
Calcium
Protein

Fuel Food

DAIRY

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SPORTS DRINK

NUTRITION BENEFITS:
Quick energy

DAIRY

FRUIT GRAINS
VEGGIES PROTEIN

Idle Food

10

ICE CREAM

NUTRITION BENEFITS:
Quick energy

DAIRY

FRUIT GRAINS
VEGGIES PROTEIN

Idle Food

10

DONUT

NUTRITION BENEFITS:
Quick energy

DAIRY

FRUIT GRAINS
VEGGIES PROTEIN

Idle Food

15

CANDY

NUTRITION BENEFITS:
Quick energy

DAIRY

FRUIT GRAINS
VEGGIES PROTEIN

Idle Food

15

COOKIES

NUTRITION BENEFITS:
Quick energy

DAIRY

FRUIT GRAINS
VEGGIES PROTEIN

Idle Food

20

CHIPS

NUTRITION BENEFITS:
Quick energy

DAIRY

FRUIT GRAINS
VEGGIES PROTEIN

Idle Food

20

SODA

NUTRITION BENEFITS:
Quick energy

DAIRY

FRUIT GRAINS
VEGGIES PROTEIN

Idle Food

25

THEATER POPCORN

(with butter)

NUTRITION BENEFITS:
Quick energy

DAIRY

FRUIT GRAINS
VEGGIES PROTEIN

Idle Food

25

CAKE

NUTRITION BENEFITS:
Quick energy

DAIRY

FRUIT GRAINS
VEGGIES PROTEIN

Idle Food

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