

**EXERCISE YOUR**

*Faith*

MAKING LOUISIANA STRONGER...MIND, BODY & FAITH!

**EXERCISE  
YOUR FAITH:  
NUTRITIONALLY**

**YOUTH EDITION**



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## SPINACH, STRAWBERRY & BANANA SMOOTHIE

### INGREDIENTS:



- 1 Cup of Almond or Low Fat Milk
- 1 Cup Spinach
- 1/2 Cup Vanilla Yogurt
- 1 Frozen Banana
- 1 Cup Frozen Strawberries

### INSTRUCTIONS:

Add all ingredients to your blender in the order listed. Blend until smooth.

### SUBSTITUTE WHOLE GRAINS

Substitute white grains for whole grains.  
Ex: Whole Grains Pop-tarts, Cheerios, Gold Fish, Cheez Its, etc.

### CONSUME FRUIT & VEGGIES DAILY

Consider juicing or blending fruits and veggies. Serve fruit or vegetables at every meal. Try dipping veggies in low fat ranch or hummus.



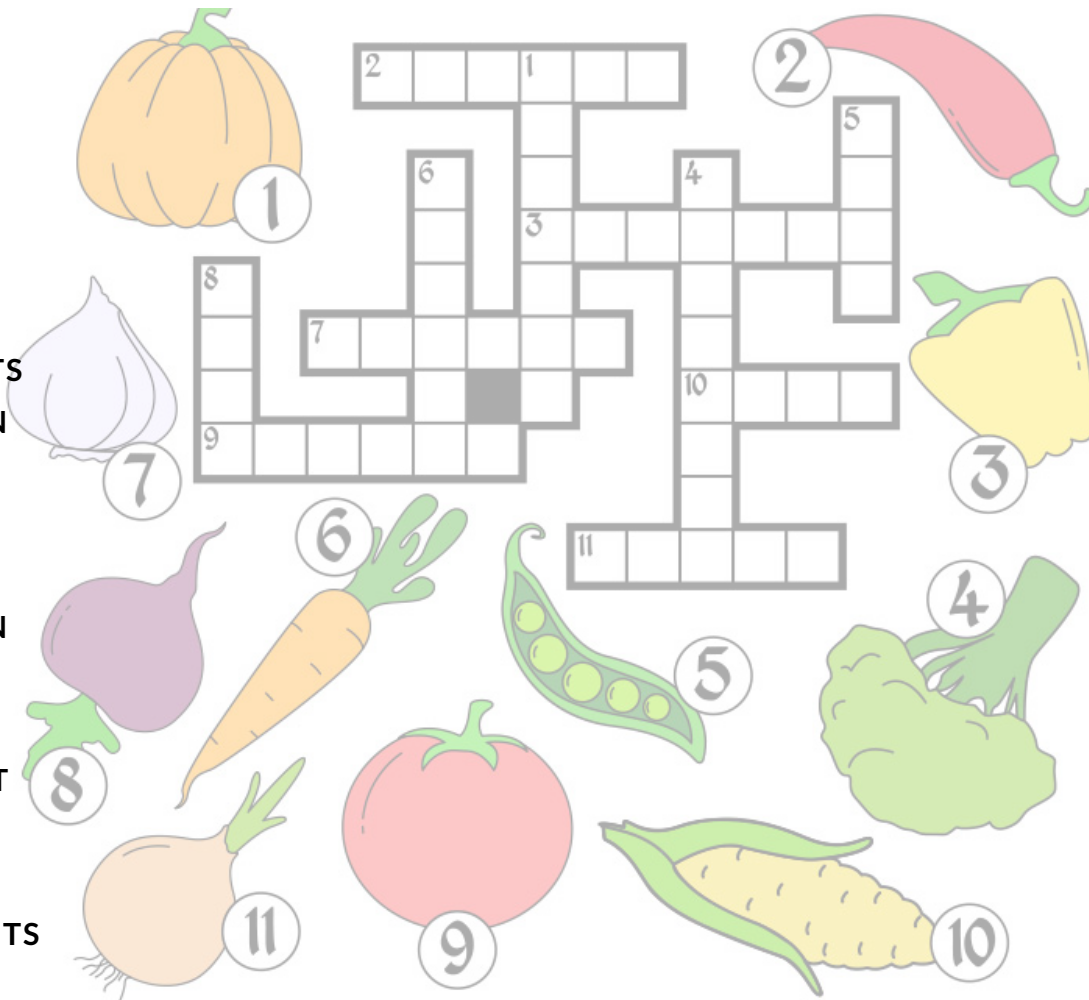
## RETHINK YOUR DRINK

Limit sugary drinks, such as soda and fruit-flavored drinks. Serve water, 100 % juice and low-fat milk instead.



## HEALTHIER SNACKS

- RAISINS
- POPCORN
- GRAPES
- BABY CARROTS
- WHOLE GRAIN CEREAL BARS
- SUGAR FREE CANDY
- WHOLE GRAIN CRACKERS
- DRIED FRUIT
- FROZEN FRUIT POPSICLES
- SMOOTHIES
- UNSALTED NUTS
- LOW FAT YOGURT



1. pumpkin; 2. pepper; 3. paprika; 4. broccoli; 5. peas; 6. carrot; 7. garlic; 8. beet; 9. tomato; 10. corn; 11. onion

