

MARATHON KIDS

EATING HEALTHY FUELS YOUR BODY AND YOUR MIND



HEALTHY CARBOHYDRATES

can help fuel your running sessions. Choose whole grain options when eating bread, rice, and pasta. Always have fruit on hand to help you go the extra mile!



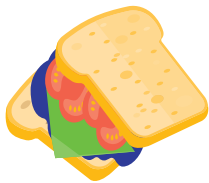
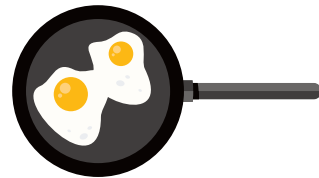
REMEMBER,

vegetables are carbohydrates, too! Eat plenty of vegetables to help you feel your best while running.



A NOURISHING DIET

fuels your mind as well as your body. Start each day with a nutritious breakfast filled with healthy fats and carbohydrates.



COLORS ARE YOUR FRIEND!

Decorate your plate with at least four different colors to ensure you're getting all of your daily nutrients.

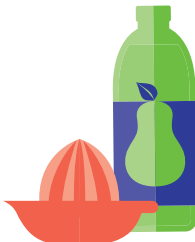


CHOOSE WATER

over soda, juice, or sports drinks at least 90% of the time. Water helps you refuel your muscles so you grow strong and are ready for your next run.

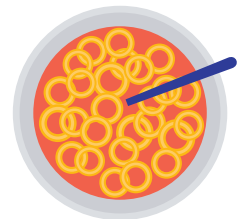
HOT OUTSIDE?

Try a smoothie: Mix one cup frozen fruit, one cup milk or water, and one cup of spinach. Now you have a healthy and carbohydrate-packed snack-on-the-go!



COLD OUTSIDE?

Look up a healthy soup recipe and add extra vegetables. This is a really fun way to be a chef in your own kitchen.



NEXT RUNNING SESSION, HAVE A SNACK SWAP!

Bring your favorite healthy snack and ask your running buddy to do the same. Then, swap! You will try something new and learn something about your friend. (Make sure neither of you are allergic to the ingredients first, of course!)

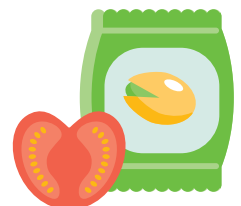


HELP MAKE DINNER ONCE A WEEK.

Look up a healthy recipe with your family, and have fun in the kitchen together! You can even start with something simple, like a salad or a sandwich.

AIM TO TRY ONE NEW FOOD A WEEK.

This could be an in-season fruit or vegetable, whole grain oats or bread, non-dairy milk, or a new type of nut. New foods keep you from getting bored, and will fuel all of the running you do!



Athlete

Age

Class Name

FUEL LOG ONE

Start a marathon of healthy eating.
Color in each square after you try each healthy food.

I ate a red apple

I ate green peas

I ate raspberries

I ate a tangerine

I ate squash

I chose water over soda

I ate an avocado

I ate honeydew melon

I ate raisins

I ate green grapes

I tried a new vegetable

I ate cucumber

I ate artichoke

I ate corn

I chose fruit over candy

I ate a green salad

I ate grapefruit

I ate kale

I helped make dinner

I ate snow peas

I ate asparagus

I ate a fruit salad

I drank four cups of water

I ate a potato

I ate black beans

I tried a new fruit

Keep your body strong by fueling with healthy foods from the Fuel Logs!

KEEP FUELING!

Athlete

Age

Class Name

FUEL LOG TWO

Start a marathon of healthy eating.
Color in each square after you try each healthy food.

I ate eggplant

I ate almonds

I ate blueberries

I ate romaine lettuce

I ate mushrooms

I chose water over soda

I ate mango

I ate lemon

I ate a fruit salad

I ate apricot

I tried a new fruit

I ate pumpkin

I ate peaches

I helped make dinner

I ate acorn squash

I ate bell pepper

I drank four cups of water

I ate arugula

I ate cabbage

I ate onion

I chose fruit over candy

I ate water chestnuts

I ate papaya

I ate black eyed peas

I ate jicama

I tried a new vegetable

Keep your body strong by fueling with healthy foods from the Fuel Logs!

KEEP FUELING!

Athlete

Age

Class Name

FUEL LOG THREE

Start a marathon of healthy eating.

Color in each square after you try each healthy food.

I ate red grapes

I tried a new vegetable

I ate cauliflower

I ate Swiss chard

I ate leeks

I ate pineapple

I ate pumpkin seeds

I drank four cups of water

I ate pinto beans

I ate a lime

I ate cantaloupe

I ate bok choy

I ate a green salad

I ate blackberries

I ate sweet potato

I chose fruit over candy

I chose water over soda

I helped make dinner

I ate a zucchini

I ate broccoli

I ate a pear

I ate cranberries

I ate a fruit salad

I tried a new fruit

I ate celery

I ate black beans

Keep your body strong by fueling with healthy foods from the Fuel Logs!

KEEP FUELING!

Athlete

Age

Class Name

FUEL LOG FOUR

Start a marathon of healthy eating.

Color in each square after you try each healthy food.

- | | |
|---|---|
| <input type="checkbox"/> I ate a banana | <input type="checkbox"/> I ate snap peas |
| <input type="checkbox"/> I ate iceberg lettuce | <input type="checkbox"/> I ate tomato |
| <input type="checkbox"/> I ate sunflower seeds | <input type="checkbox"/> I ate strawberries |
| <input type="checkbox"/> I ate watermelon | <input type="checkbox"/> I tried a new fruit |
| <input type="checkbox"/> I drank four cups of water | <input type="checkbox"/> I ate a plum |
| <input type="checkbox"/> I ate kiwi | <input type="checkbox"/> I ate a green salad |
| <input type="checkbox"/> I ate green beans | <input type="checkbox"/> I chose fruit over candy |
| <input type="checkbox"/> I ate an orange | <input type="checkbox"/> I ate pomegranate |
| <input type="checkbox"/> I ate Brussels sprouts | <input type="checkbox"/> I ate edamame |
| <input type="checkbox"/> I ate butternut squash | <input type="checkbox"/> I ate red beans |
| <input type="checkbox"/> I ate cherries | <input type="checkbox"/> I ate okra |
| <input type="checkbox"/> I ate carrots | <input type="checkbox"/> I ate a green apple |
| <input type="checkbox"/> I chose water over soda | <input type="checkbox"/> I ate blueberries |

Keep your body strong by fueling with healthy foods from the Fuel Logs!

KEEP FUELING!