



This week try to eat a red fruit or vegetable. See the examples below



WEEK 8 NUTRITION CHALLENGE

#FUNFITUAMS



**Strawberries
Raspberries
Pomegranate
Red pears
Red onion
Red bell pepper
Tomatoes**



TIP: GET CREATIVE USE TOMATO SAUCE TO MAKE A HOMEMADE PIZZA. ALL YOU NEED IS FLAT BREAD OR PITA BREAD, TOMATO SAUCE AND CHEESE!