HEALTHY SNACK GUIDE: HOW TO TASTE THE RAINBOW

When you say "Taste The Rainbow," it is likely that your Kilometer Kids will respond with cries of "Skittles!" While we are talking about different colors, we are actually referring to fruits and vegetables! Share with your Kilometer Kids that eating meals and snacks with a lot of color variety is a good way to ensure their body gets all of the vitamins and minerals that it needs. Vitamins and minerals are the micronutrients that the body needs to work property. They boost the immune system, promote normal growth and development, and help cells and organs do their jobs. Share with your Kilometer Kids that they want to make sure that at least half of their plate every day is filled with colorful fruits and vegetables. Use the chart below to brainstorm with your Kilometer Kids about different colored fruits and vegetables and teach them about how those different colored foods support their bodies' various systems and functions.

Color	**Foods to Eat**	**Body System Benefits**
Reds	• Tomatoes • Strawberries • Peppers • Watermelon • Raspberries	Healthy for your heart and joints
Oranges & Yellows	• Carrots • Pumpkins • Sweet Potatoes • Cantaloupes • Peaches • Lemons • Bananas	Good for your vision, immunity and skin
Greens	• Spinach • Leafy Greens • Cabbage • Broccoli • Celery • Cucumbers	Helps with wound healing and vision
Blues & Purples	• Blueberries • Blackberries • Grapes • Plums • Eggplants	Improves longevity and brain function
Whites & Browns	• Whole Grains • Nuts & Seeds • Cauliflower • Garlic • Onion • Potatoes	Important for muscles and blood sugar control

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In addition to understanding the ways that different colored foods support different body systems and functions, you also want your Kilometer Kids to understand that eating a small, healthy snack immediately after their runs will help improve their running performance. This is when their bodies are able to absorb the maximum amount of nutrients. The ideal post-run snack should include carbohydrates, the major source of energy for your body, and proteins, which build, maintain and replace the tissues in our bodies.

The following are examples of good post run snacks for your Kilometer Kids:

- A banana or sliced apple with peanut butter
- Nuts and dried fruit
- Toast with nut butter
- Greek yogurt and berries
- Hummus, rice cakes, carrots, or celery sticks
- Chocolate milk
- Applesauce and string cheese