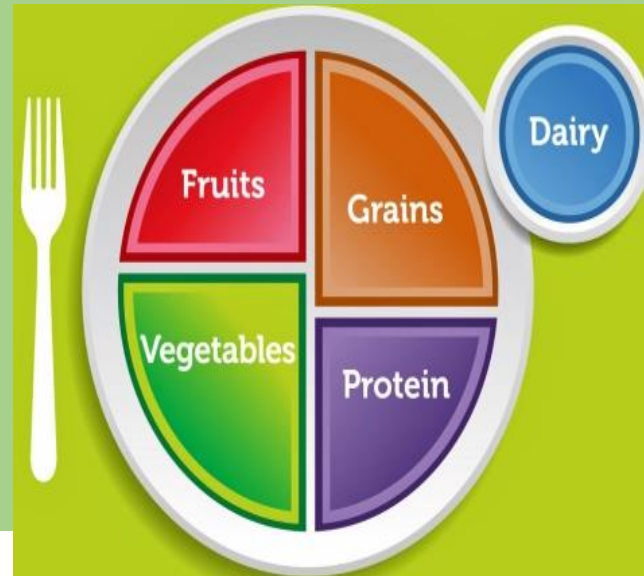


November Nutrition

Montana HOSA's November "I Matter Self Care Project"

Nutrition Facts

- Eggs are one of the healthiest foods you can eat.
- Sugary drinks are the most fattening product in the modern diet.
- Junk food can be extremely addictive.
- The mushroom is the only non-animal natural source of vitamin D.
- Fruit juices are actually filled with sugar.
- The skin of a kiwi is edible and is loaded with fiber and vitamin C.



Why Nutrition is Important for Students

- A healthy diet increases focus and attention.
- Eating healthy provides students more energy to excel in school.
- High-quality foods protect the brain from excess stress.
- Antioxidants in food also protect the brain from damage.

Apps to Track Diet and Nutrition

MyFitnessPal

MyNetDiary

MyPlate

