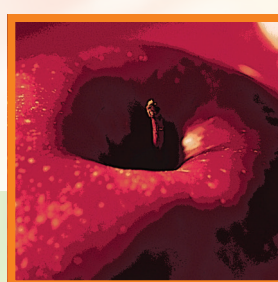


# BODYQUEST

FOOD OF THE WARRIOR

I AM  
**BODY!**  
**DOCTOR!**  
I STAY HEALTHY  
BY EATING  
TASTY FRUITS!



I AM  
**SHINING!**  
**RAINBOW!**

I LOVE EATING  
COLORFUL  
VEGETABLES!

ALABAMA COOPERATIVE EXTENSION SYSTEM

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP, which provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. USDA is an equal opportunity provider and employer. To find out more, contact a county food assistance office or a county Extension office. The Alabama Cooperative Extension System (Alabama A&M University and Auburn University) is an equal opportunity educator and employer. Everyone is welcome!

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# BODY QUEST

FOOD OF THE WARRIOR

I AM  
**SUPER!  
SLURPER!**

I LOVE TO GUZZLE  
WATER TO KEEP ME  
HYDRATED!



I AM  
**FIBER-  
LICIOUS!**

I ENJOY MANY  
KINDS OF FOODS  
THAT HAVE FIBER!

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# BODY QUEST

FOOD OF THE WARRIOR

I AM  
**GRAINO!**  
SUPA!

I GET MY ENERGY  
FROM EATING  
HEARTY GRAINS!



I AM  
**MUSCLE!**  
MAX!

I HAVE STRONG  
MUSCLES BECAUSE  
I EAT LEAN  
PROTEIN!

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