

Grapes

Grapes grow in clusters of 6 to 300 and can be crimson, black, dark blue, yellow, green, or pink.

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Popcorn

Air-popped popcorn is naturally high in fiber, low in calories and fat, contains no sodium, and is sugar free.

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Carrots

They are often chopped, boiled, fried, steamed, or cooked in soups and stews. They are also used as baby and pet foods.

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A Grilled Chicken Sandwich

The chicken can travel up to
9 miles an hour.

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Veggie Pizza

Approximately 3 billion pizzas are sold in the US each year.

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A Water Bottle

Strive for 5! Drink 5 glasses of water a
day!

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A Dog

Walking or playing with a pet is a great way for you to be active.

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An Apple

Winter apples are picked in late autumn and stored just above freezing.

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Milk Carton

When choosing milk try to drink nonfat, low fat, skim, or soy milk with calcium.

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Drinking Fountain

In some regions of the US, water fountains are referred to as bubblers.

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A Jump Rope

Ten minutes of jumping rope is roughly the equivalent of running an 8-minute mile.

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A Skateboard

Early skateboards were shaped like flat surfboards.

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A Soccer Ball

The standard ball size is size 5 and weighs between 410 and 450 grams.

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Weights/Dumbbells

Muscle weighs four times as much as fat.

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Stairs

By taking the stairs rather than the elevator you will burn more calories.

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