

**Let's Move
It!!!**

Challenge: Watch those

BAD fats

Cinco De Mayo Activities

May 2018
tracking sheet

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

Directions: **THIS NOT THAT. Track what you replace your bad fat intake with and give yourself a point for each. Example, Vegetable oil replace with coconut or Olive Oil = 1 point. Or Instead of a cookie, have fresh fruit.**

The right kinds of fats help increase satiety, maximize your metabolism, protect against heart disease, speed nutrients through your body, and improve your fat-soluble vitamin uptake.


Stick to foods that have low levels of omega-6 fatty acids and other saturated fats (palmitic acid), and zero manmade trans fats (partially hydrogenated oil).

An easy way to do this is to eat less of the top sources of saturated fats like pizza, burgers, meats, and processed snacks and sweets. Submit your May points on-line by June 5th, at <https://rainier.tedk12.com//records>, Monthly Challenge or e-mail Debby Webster

Enter your points by June 5th to be entered in the prize drawing.

Total Points for the Month:

Name:

Sponsored by:  Rainier School District