INTRODUCTION

Phillies Phitness, presented by GIANT, educates you on steps you can take now to ensure a healthy future. In this guide, you’ll learn the importance of being active and making smart food choices.
BRAIN POWER
SNACKS

Your brain needs good food, hydration and sleep for development and function. Here are some healthy snacks to give you a mental boost:

- Trail Mix with walnuts, almonds and dried fruits
- Apple slices and Peanut Butter
- Hard Boiled Egg
- Oatmeal with berries
BRAIN POWER
SNACKS

Fruits and vegetables can be fresh or dried for a brain enhancing snack

Fresh Fruits and Vegetables
Strawberries, blueberries, peppers, spinach

Dried Fruits and Vegetables
Bananas, apricots, sweet potatoes, kale
BALANCED POWER
SNACKS

High Fiber
Popcorn, whole wheat pita and hummus

High Protein
Tomato and mozzarella skewers,
Greek yogurt with berries

High Energy
Pretzels with peanut butter,
carrots dipped in ranch dressing