

ANTIOXIDANT GROCERY LIST:

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CHOLESTEROL FIGHTERS

BEANS



CANCER FIGHTERS

CRANBERRIES
RASPBERRIES
POMEGRANATE



HEART DISEASE FIGHTERS

PURPLE POTATOES PURPLE GRAPES
BLUEBERRIES RED WINE
BLACK CURRANTS



WRINKLE FIGHTERS

APRICOTS PECANS
CANTALOUPE ALMONDS
LEMON SUNFLOWER SEEDS



BREAST CANCER FIGHTERS

BROCCOLI
BRUSSELS SPROUTS
CABBAGE
KALE



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After looking at the list of antioxidant-rich foods, choose your ten favorites and think about how you can include them in your diet. Would you eat them as snacks? With a meal? Get creative and think of other ways you can eat these foods.

Food Makeovers



Below, list three foods that you eat that are high in sugar. For example, I like to eat brownies.

- 1.
- 2.
- 3.

Brainstorm some foods that you could eat instead of the sugary ones you listed above. Compare with a friend.

Energy Poll



Find two other girls in your troop and ask them about when they feel the most energetic. Next, ask them about what foods they eat when they feel this way. You might notice that these things affect each other. Now ask yourself the same questions.

Name			
Energy Level			
Foods Eaten			

Take note of any ideas, feelings, or questions that come to mind. You won't have to share this, but you can keep it to look back at later in case you thought of - or realized - something that you want to act on. Maybe you realized that when you eat a lot of sugar you don't feel very good and want to work on that later. This is where you can put that idea.
