



Seattle Children's
HOSPITAL • RESEARCH • FOUNDATION

KIDS MARATHON

EAT-RIGHT-O-METER



Try out 20 of the 26 items below, check them off the list, bring the list to the PCC Taste Mobile while at the Seattle Children's Kids Marathon 2015. The first 100 Kids to turn in their list will get a \$20 PCC gift card.

NAME: _____

AGE: _____

SCHOOL: _____

HEALTHY MEALS

1 Burrito with whole grain tortilla	<input type="checkbox"/>	14 Whole grain crackers with cheese and grapes	<input type="checkbox"/>
2 Vegetable soup	<input type="checkbox"/>	15 Make your own trail mix from the PCC bulk section	<input type="checkbox"/>
3 Rice cakes with nut butter and apple	<input type="checkbox"/>	16 Brown rice	<input type="checkbox"/>
4 Locally grown pear or apple	<input type="checkbox"/>	17 Almond butter	<input type="checkbox"/>
5 Whole grain pasta	<input type="checkbox"/>	18 Guacamole with chips	<input type="checkbox"/>
6 PCC Collard Slaw from the deli	<input type="checkbox"/>	19 Hummus and veggies	<input type="checkbox"/>
7 Cherry tomatoes	<input type="checkbox"/>	20 PCC Beef Jerky (no nitrates)	<input type="checkbox"/>
8 Washington grown organic strawberries	<input type="checkbox"/>	21 Oatmeal with nuts and fruit	<input type="checkbox"/>
9 Coconut water	<input type="checkbox"/>	22 PCC Nut and Honey Clusters	<input type="checkbox"/>
10 Bean dip with fresh veggies	<input type="checkbox"/>	23 Sweet potato fries	<input type="checkbox"/>
11 Smoothie with added nut butter	<input type="checkbox"/>	24 Whole grain waffle	<input type="checkbox"/>
12 Scrambled egg with pesto	<input type="checkbox"/>	25 Yogurt	<input type="checkbox"/>
13 PCC Perfect Protein Salad	<input type="checkbox"/>	26 Whole grain cereal	<input type="checkbox"/>