

Lean Protein Helps My Heart Pump Strong



I agree to be a Heart-Wise Kid.

My heart loves lean protein so it can keep pumping strong.
I will choose foods that are lower in fat which include beans,
nuts, fish, white chicken meat without the skin
and lean red meat.

As a Heart-Wise Kid, I know that I can keep my heart happy
by adding regular exercise like jumping and dancing.



Parent's Name _____

Child's Name _____



Agreement

