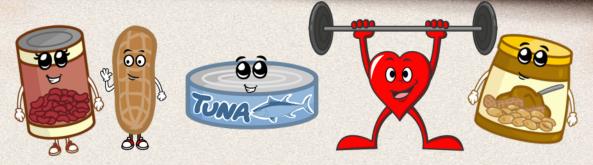
Lean Protein Helps My Heart Pump Strong



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

chefSolus.com

Agreement

