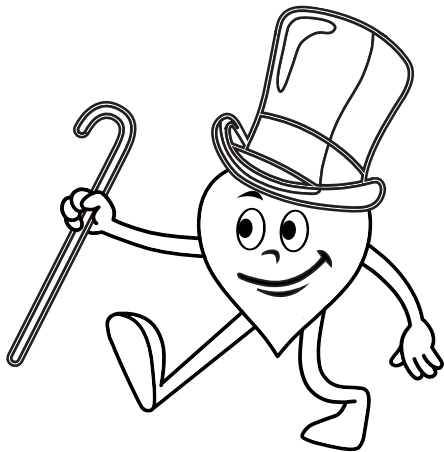


Foods that make your heart happy and healthy

Some foods make your heart happy and healthy. And some foods can make your heart sick and sad if you eat them often. Match the right food to the happy heart or sad heart. Then color the hearts.



- beans
- bacon
- fruit
- potato chips
- pretzels
- soda
- water
- vegetable
- whole milk
- nonfat or 1% milk
- fast food
- fried french fries
- baked french fries
- buttered popcorn
- popcorn without butter
- 100% wheat bread
- sugary cereals
- cheese pizza
- veggie pizza with lowfat cheese
- nuts
- cheese hot dog

