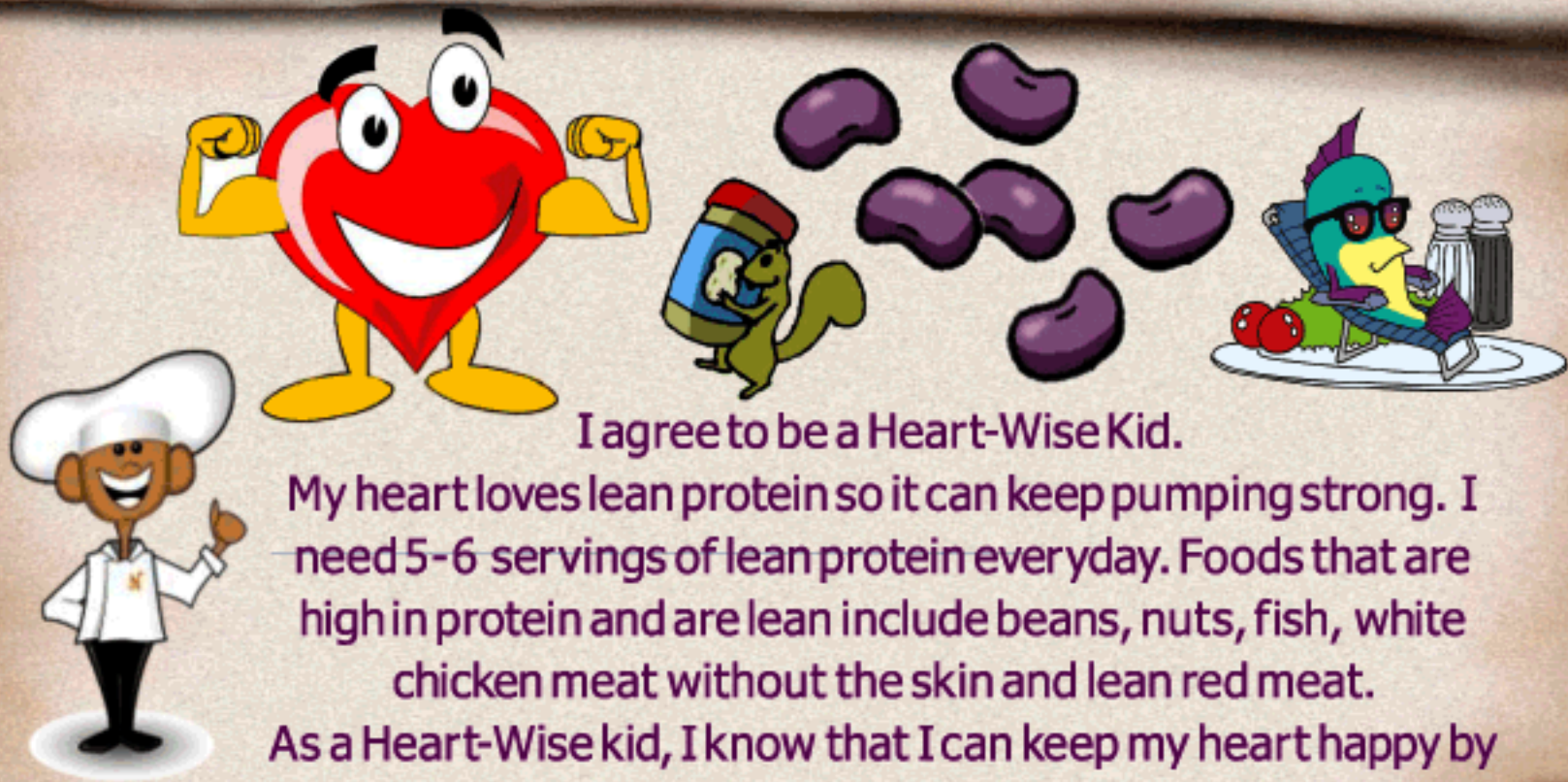


Lean protein helps my heart pump strong.



I agree to be a Heart-Wise Kid.

My heart loves lean protein so it can keep pumping strong. I need 5-6 servings of lean protein everyday. Foods that are high in protein and are lean 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.

Child's Name _____

Parent's Signature _____



www.nourishinteractive.com

Agreement