

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 low fat cheese
nuts
cheese hot dog

