

Lean proteins keep our heart pumping strong!

Color the box for every serving of lean protein eaten.

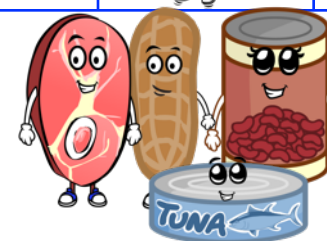


Be Heart-wise kids like us Don't forget to be active!

Color the box	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lean Protein 1							
Lean Protein 2							
Lean Protein 3							
Lean Protein 4							
Lean Protein 5+							

Here are some of the foods that will help you be a Heart-wise Kid:

- nuts, fish, beans, white chicken meat, lean red meat, eggs
- One serving is 1 egg, 1 ounce (oz) of meat, 1/4 cup cooked beans, 1 Tbsp peanut butter or a 1/2 oz of nuts
- A piece of meat the size of your palm is about 3-4 ounces.



List your favorite lean protein: _____