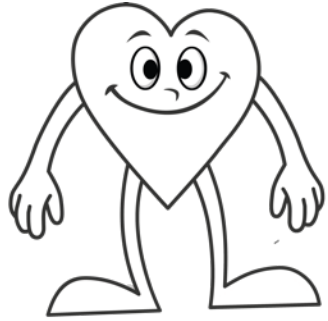
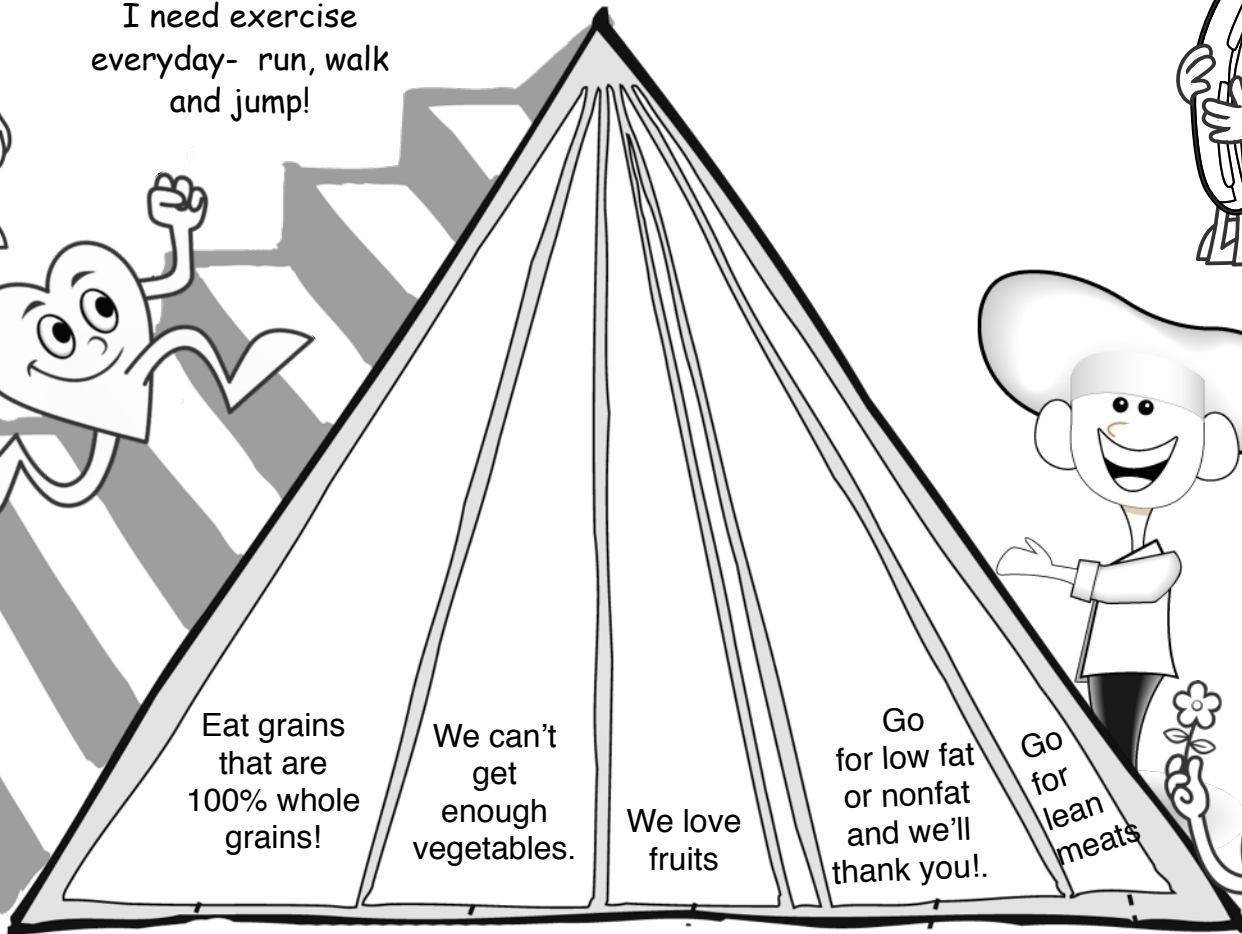
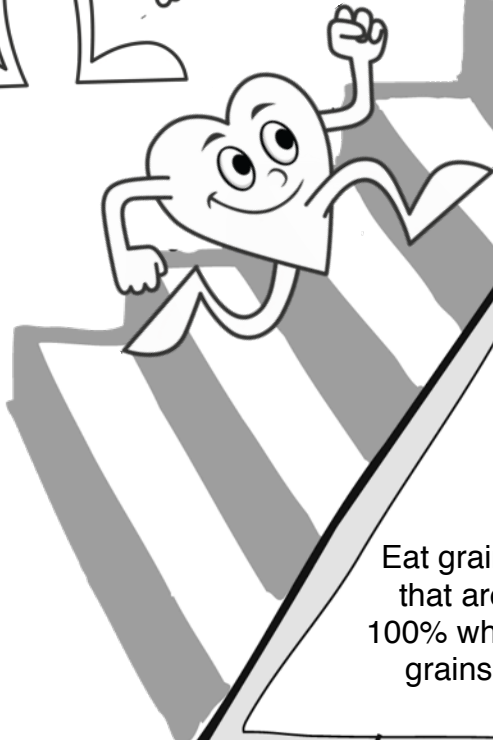
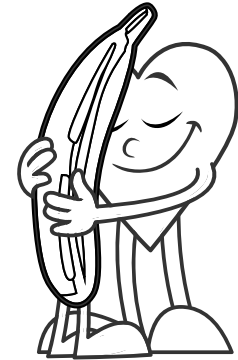


Your Heart Loves Foods From the Food Pyramid



I need exercise
everyday- run, walk
and jump!



Eat grains
that are
100% whole
grains!

We can't
get
enough
vegetables.

We love
fruits

Go
for low fat
or nonfat
and we'll
thank you!.

Go
for
lean
meats

GRAINS

VEGETABLES

FRUITS

MILK

MEAT &
BEANS



Valentine's Day is part of Healthy Heart
Month! The food pyramid gives us lots of
choices to keep our hearts healthy and **HAPPY!**

Visit www.ChefSolus.com for [free valentine's day nutrition printables](#), nutrition education games, puzzles, activities and more!

Copyright © Nourish Interactive, All Rights Reserved