

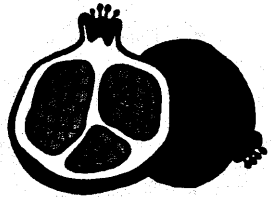


GET HEALTHY HARTFORD

Love your Heart and make it more healthy and stronger



- Try a new fruit
- Try a new vegetable
- Try skim milk or 1% milk at home
- Try a new game or activity
- Have relay races at recess with friends
- Get off the bus a stop early and walk the rest of the way to school
 - Try walking to school instead of taking the bus
- Put your thinking cap on and create a new way to run around and have fun



GET HEALTHY HARTFORD

Choose Foods at the Grocery Store that are nutrient dense, low fat, high fiber and choose lean pieces of meat

- ✓ Always remember to read the labels of the foods you are purchasing
- ✓ Find out how many servings are in the product that you are going to buy
- ✓ Check to see how many calories are in one serving
- ✓ If this food item is a snack try to stay under 200 calories with limited amounts of fat
- ✓ Check to see how much fat each serving contains
- ✓ Look at how much fiber is in each serving
- ✓ Try to choose foods that are high in fiber or have more than 4g per serving
- ✓ Try to replace the white starch foods with the brown starch foods
- ✓ Some of these foods include whole wheat pasta, brown rice and 100% whole wheat bread