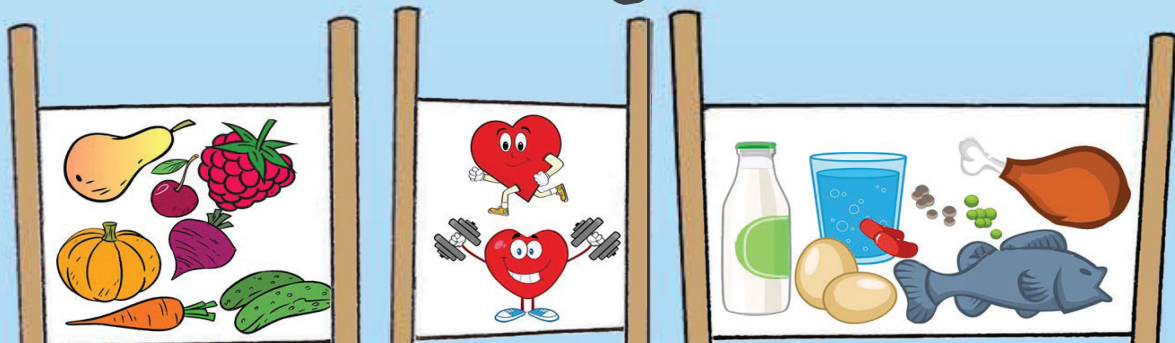
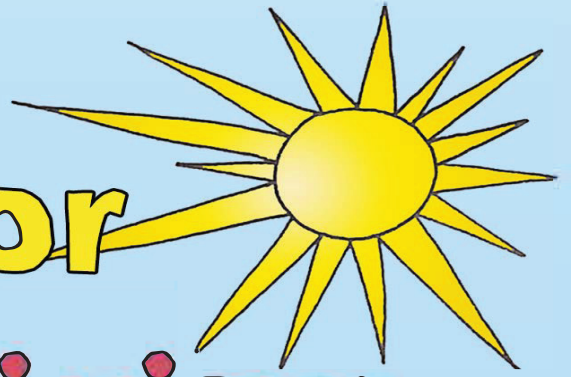


Kids for Healthy Living Coloring Book

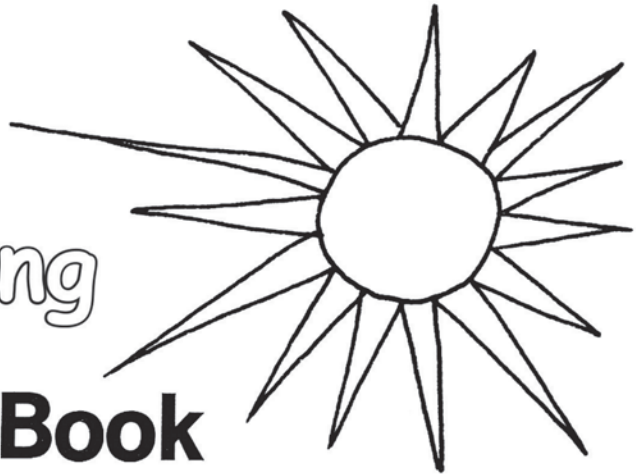


Heart Healthy Eating

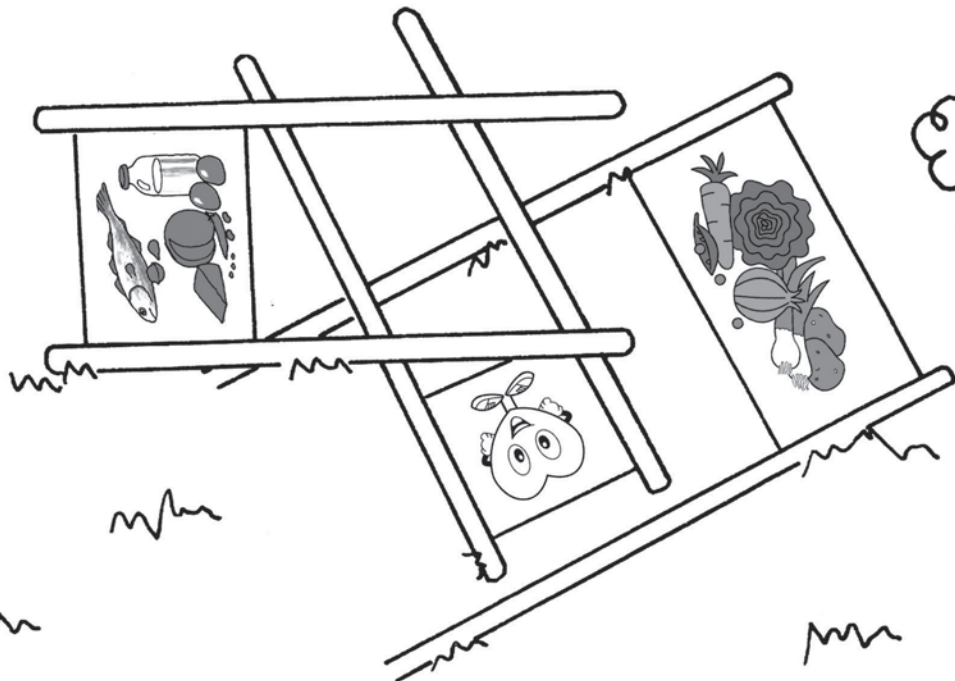
By Dr. Gertie Loretta Hurley, MBA, DMin

Kids For
Healthy Living

Coloring Book



Heart Healthy Eating



By: Dr. Gertie Loretta Hurley, MBA, DMin



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Kids For Healthy Living

Heart Healthy Eating

Dear Parent:

This book is to help encourage your child to develop healthy eating habits while having fun coloring. I am sure that food comes up in family discussions at mealtimes. Talk about foods to your child. Let your child know that healthy food that is good for them is their friend. Ask your child to name foods and describe them. Think of ways to let your child touch, smell, and taste the food.

Encourage your child to assist you as you prepare the family meal. Model healthy eating in front of your child.

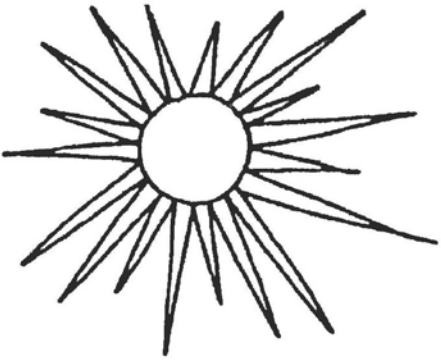
In creating this coloring book, a number of resources were used. One great resource is the Maryland Environmental Public Health Tracking (EPHT) portal. You can create data tables, create maps or view a gallery of different health topics in Maryland. You can also review different health topics in Maryland such as asthma, birth defects, and cancer. The Maryland Environmental Public Health Tracking (EPHT) portal can be accessed by going to bit.ly/MdEnviroHealth.

We invite you to have a fun time discussing “Heart Healthy Eating” and coloring this book with your child/children.

Sincerely,



Dr. Gertie L. Hurley, President
Taking Effective Action, Incorporated
www.t-action.org



What is heart healthy eating?

Am when when am or when when the one



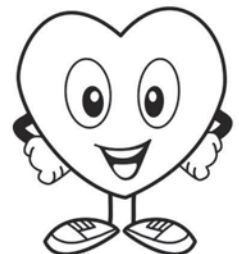
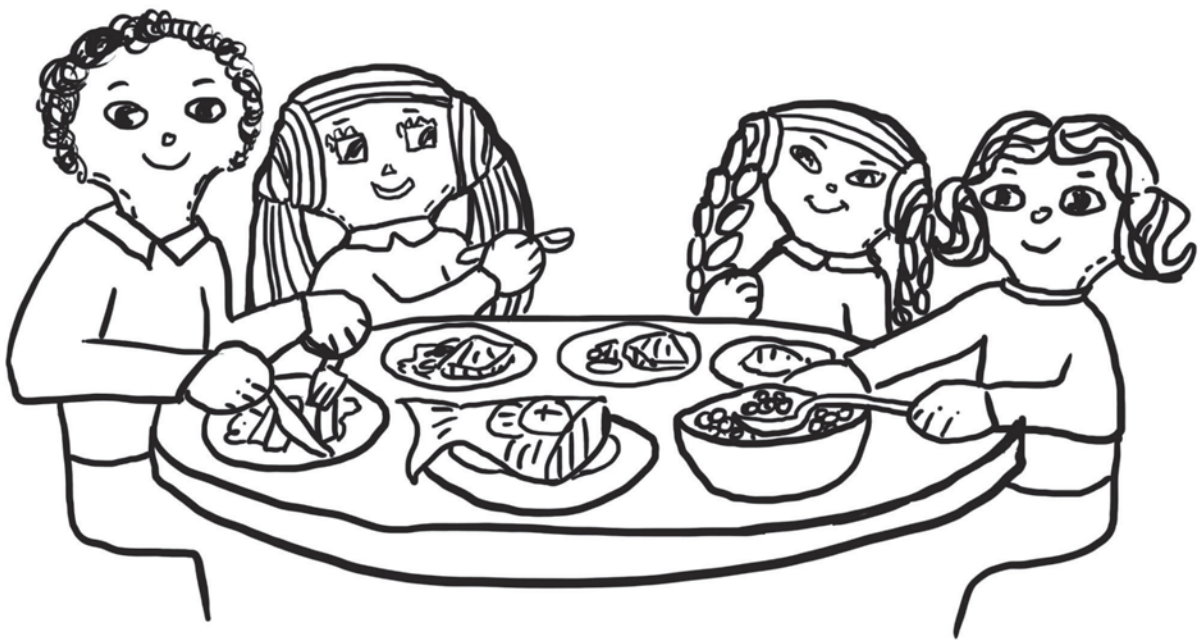
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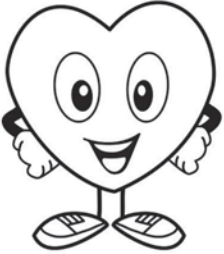


Heart healthy eating means eating foods that are good for you and make your heart healthy.



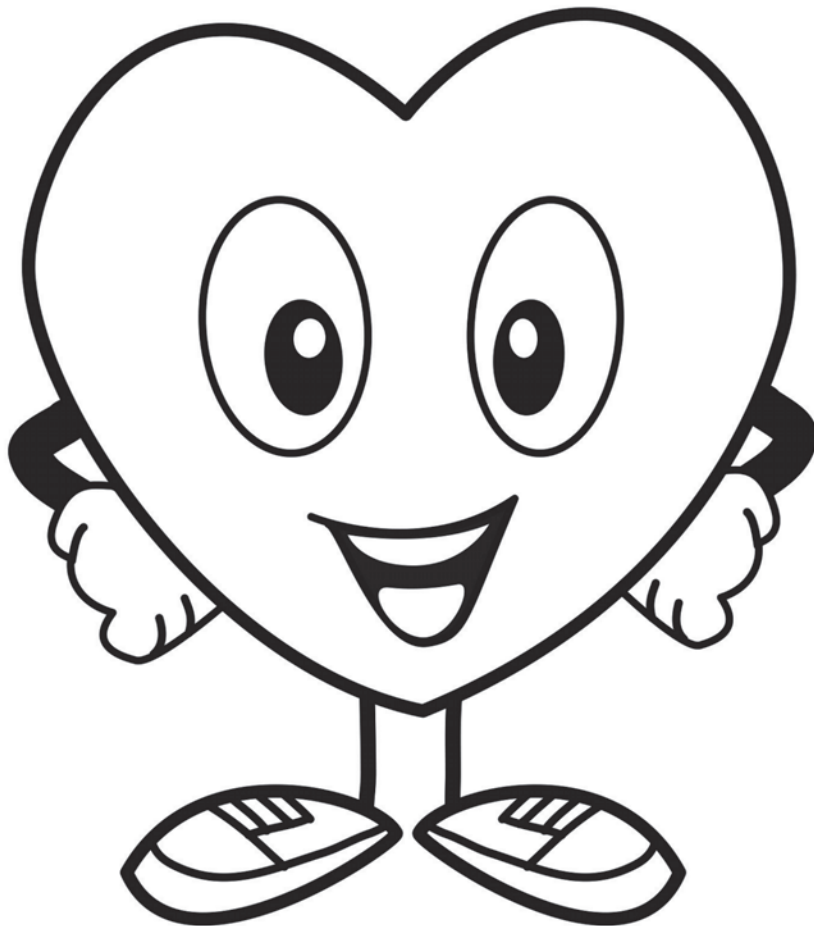


It's not hard to do. Choose foods that will make your heart healthy.





A healthy heart is a happy heart.



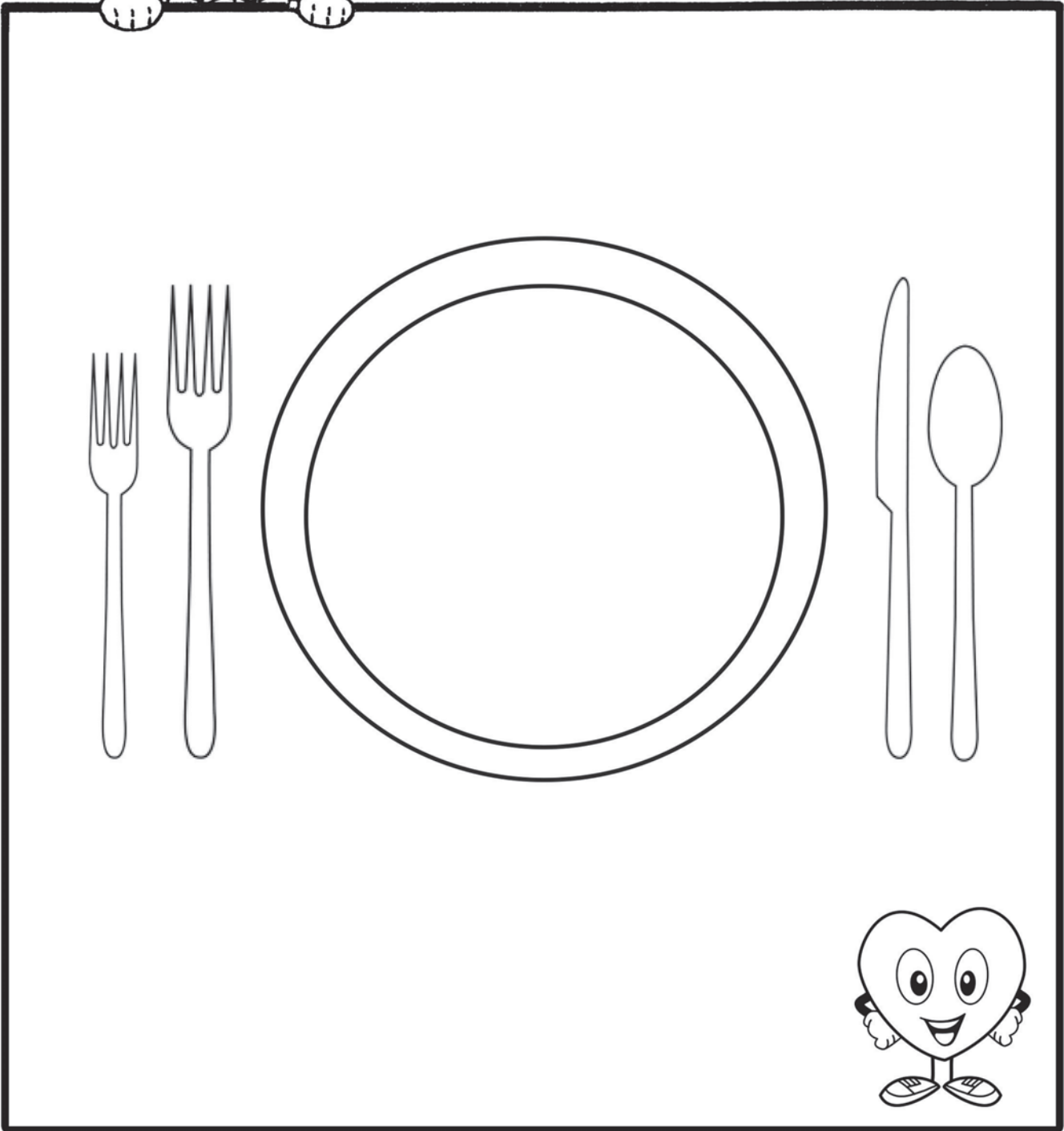


Start with small changes to
build healthier eating habits.



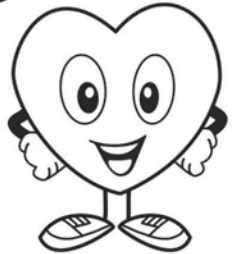
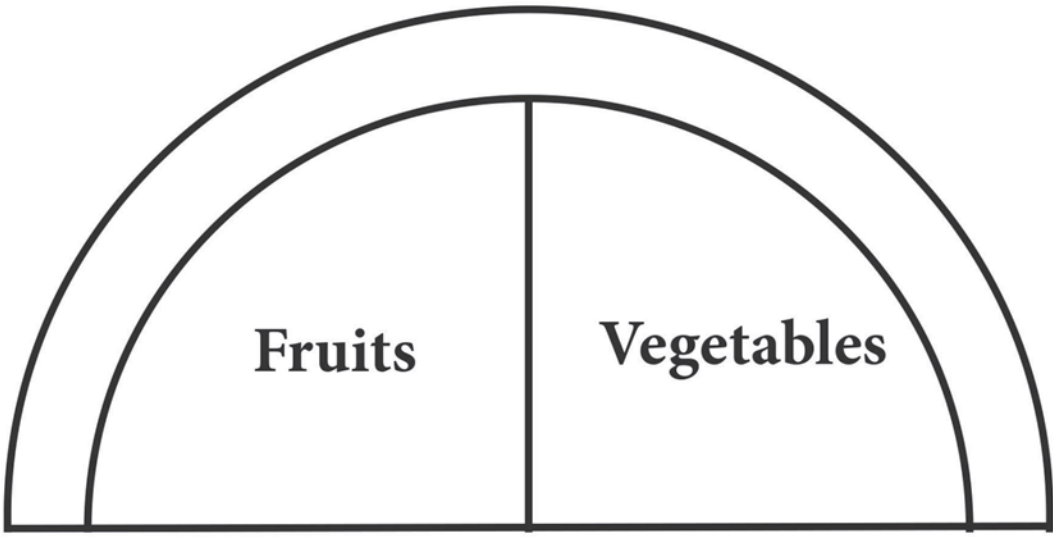


Let's begin with your plate.



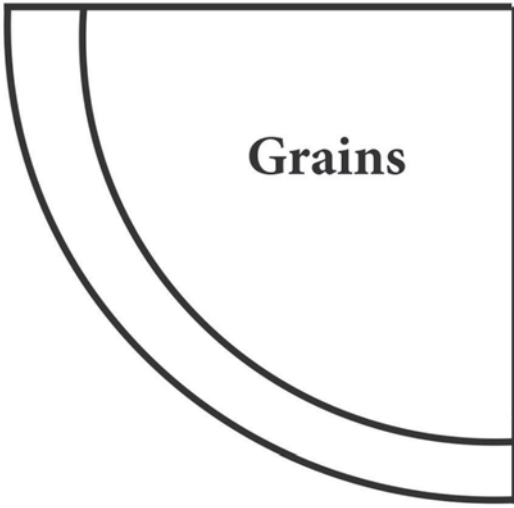


Make 1/2 your plate fruits and vegetables.

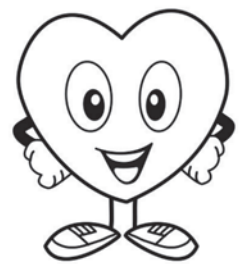




Make 1/4 of your plate grains.



Grains





Make 1/4 your plate protein.

Protein





What foods are in the Fruit Group?

Any fruit or 100% fruit juice are a part of the Fruit Group. Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up, or mashed.





What foods are in the Vegetable Group?

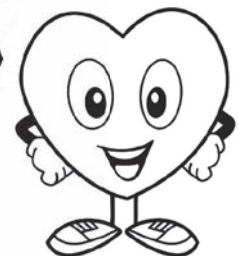
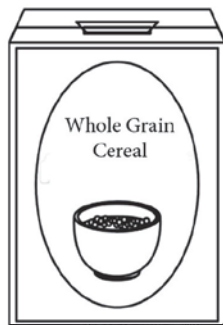
Any vegetable or 100% vegetable juice counts as a member of the Vegetable Group. Vegetables may be raw or cooked; fresh, frozen, canned, or dried; and they can be whole, cut-up, or mashed.





What foods are in the Grains Group?

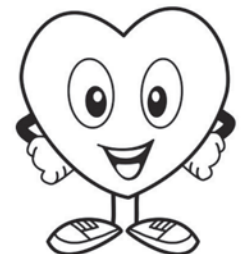
Any food made from wheat, rice, oats, cornmeal, barley or another cereal grain is a grain product. Bread, pasta, oatmeal, breakfast cereals, tortillas, and grits are examples of grain products.





What foods are in the Protein Group?

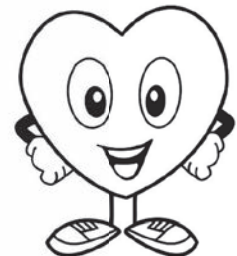
Foods made from meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts, and seeds are part of the Protein Foods Group. Beans and peas are also part of the Vegetable Group.





What foods are included
in the Dairy Group?

All fluid dairy and non-dairy products and many foods made from them are considered part of this food group. Foods made from milk that retain their calcium content are part of the group. Calcium-fortified soymilk (soy beverage) is also part of the Dairy Group.

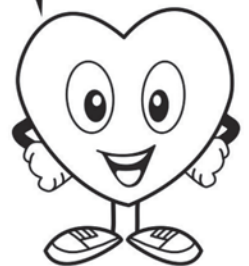




Don't forget about water!

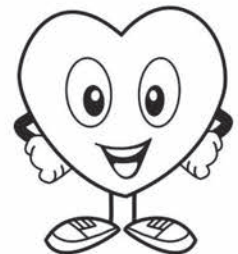


It's the
best drink
when you
are thirsty.





Eat healthy snacks.





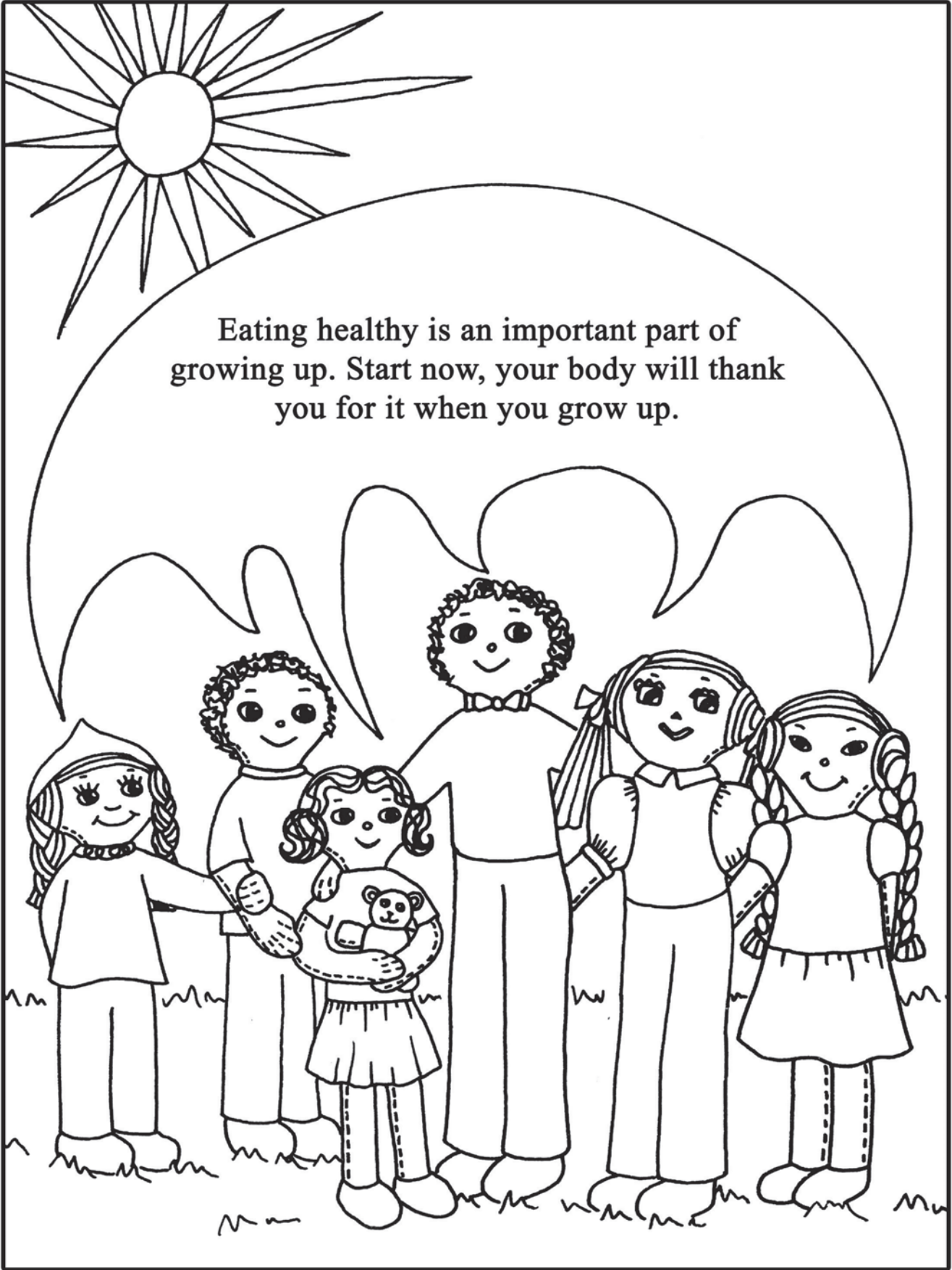
Here is a healthy snack
you can make.

Create a Yogurt Sundae!

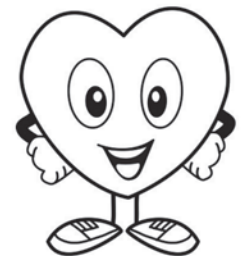
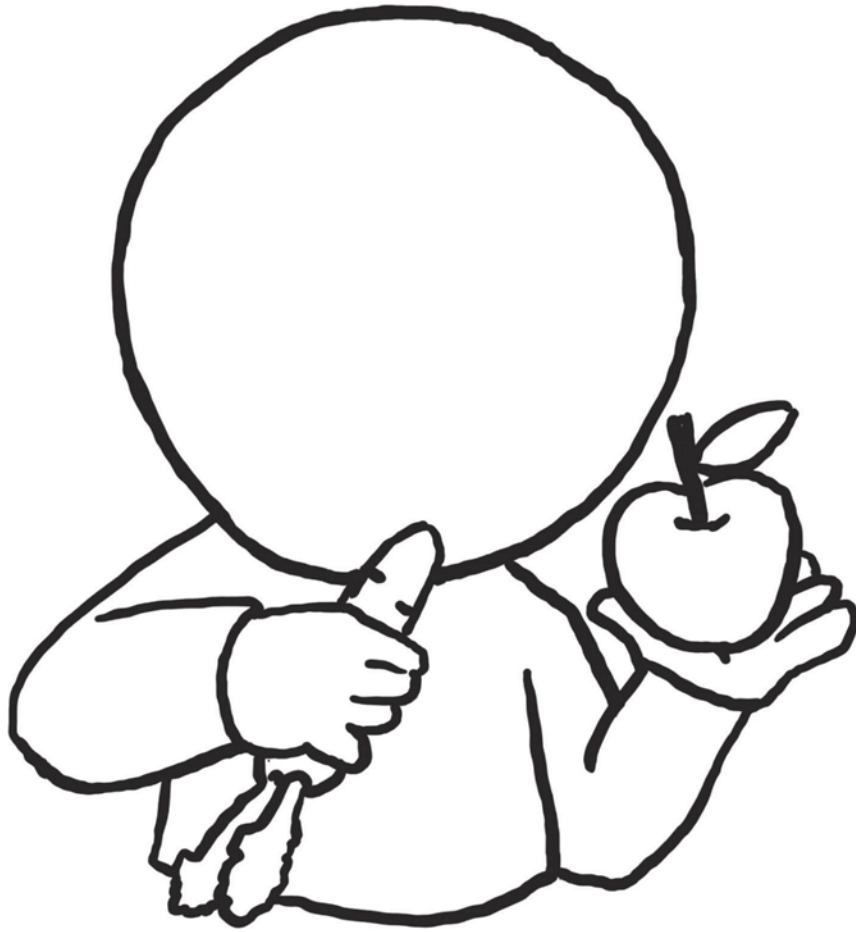
STOP! Get permission from
your parent.

1. Wash your hands first with
soap and clean running water
for 20 seconds.
(Sing the Happy Birthday song)
2. Top plain, low-fat or fat-free
yogurt with fresh, frozen, or
canned fruit, like bananas,
strawberries, or peaches.
3. Sprinkle nuts that you like or
crush whole-grain cereal
on top for crunch. Enjoy!

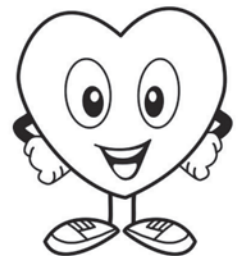
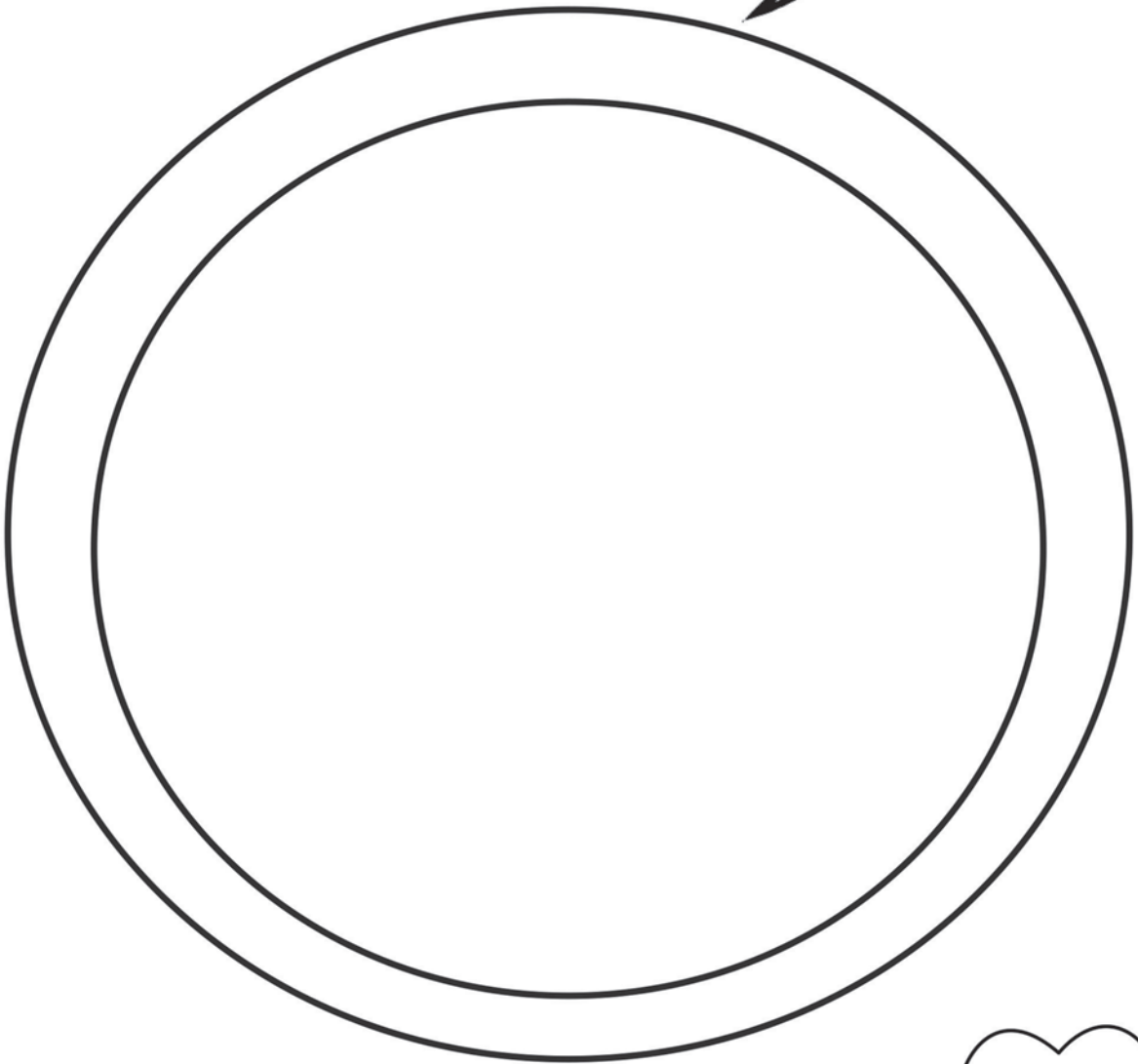




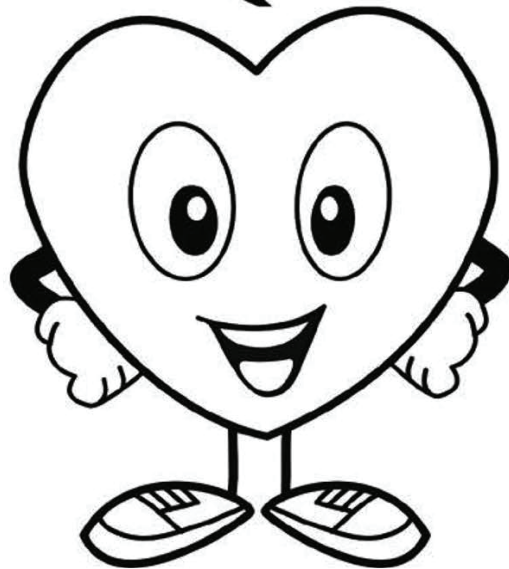
Draw a picture of
you eating
healthy.



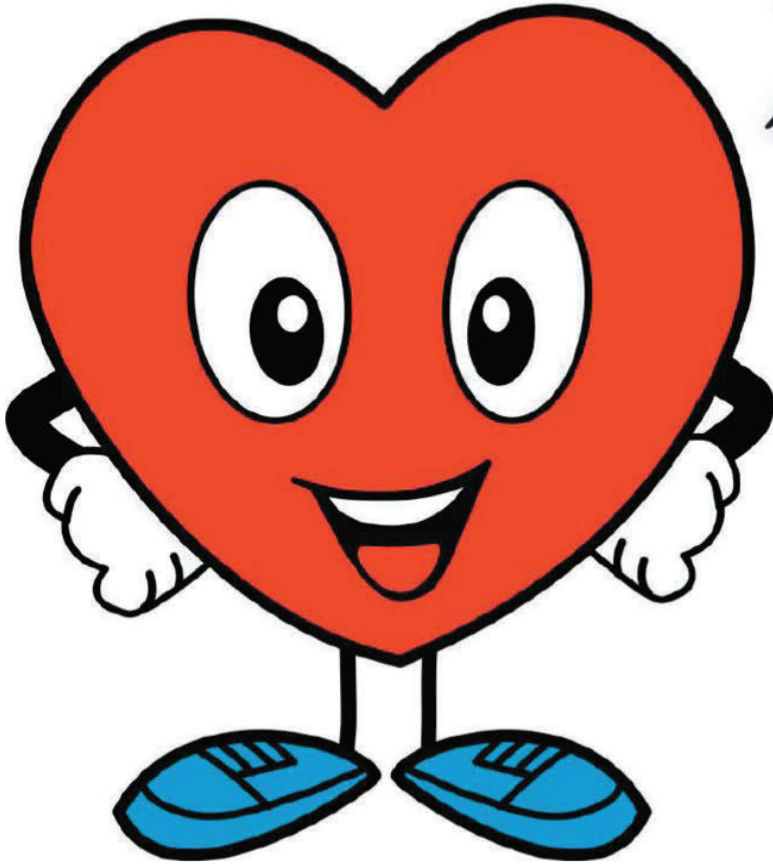
Fill this plate with
your food choices



Write your own healthy eating tip below.



**Be Healthy
Stay Healthy!**



TEA[®]
(Taking Effective Action)

for Spirit, Mind, and Body Health

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