

As well as being active we need to keep our heart healthy by **choosing the right foods.**

Try to avoid fatty foods and don't add salt to your food.

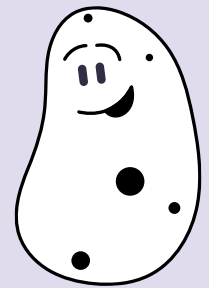
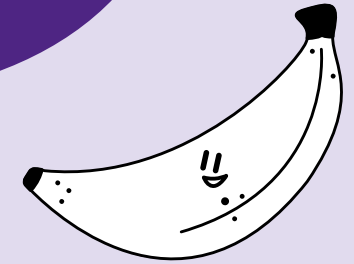
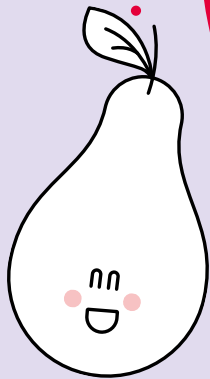
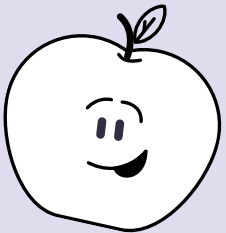
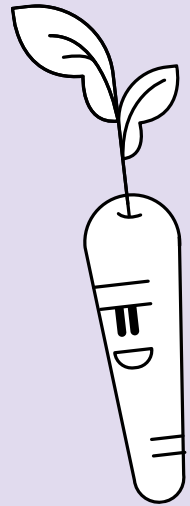
I love fruit and vegetables.

Colour in the vegetables and see if you can name them all.

Healthy eating

Can you find your way through the maze collecting your 5-a-day along the way?

START



For further information please email healthyheart@heartresearch.org.uk or visit heartresearch.org.uk

Registered Charity No. 1044821. Registered Office: Suite 12D, Joseph's Well, Leeds LS3 1AB. Company limited by guarantee No. 3026813. Registered in England and Wales.

