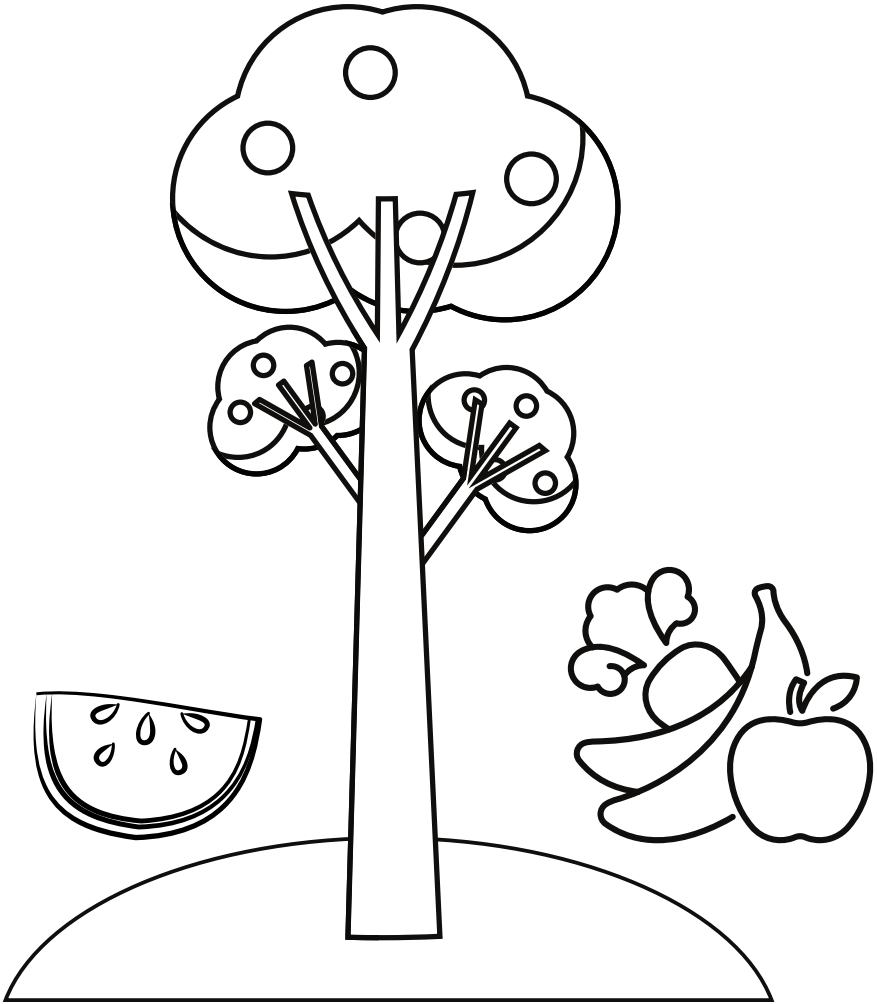


COLOR
ME
HEALTHY



*Wise Choices for
Healthy Kids*

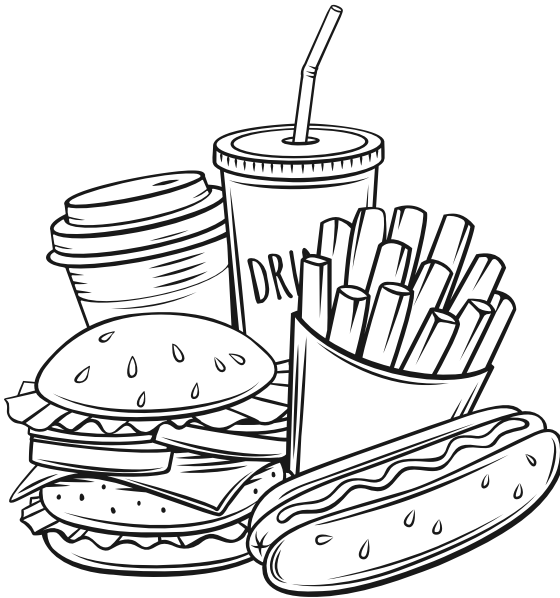
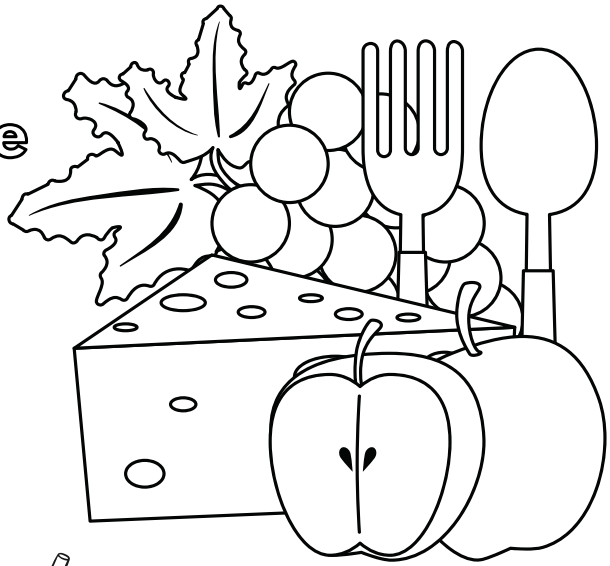
Mysty Pfeffer



And God said, “Behold, I have given you every plant yielding seed that is on the face of all the earth, and every tree with seed in its fruit. You shall have them for food.

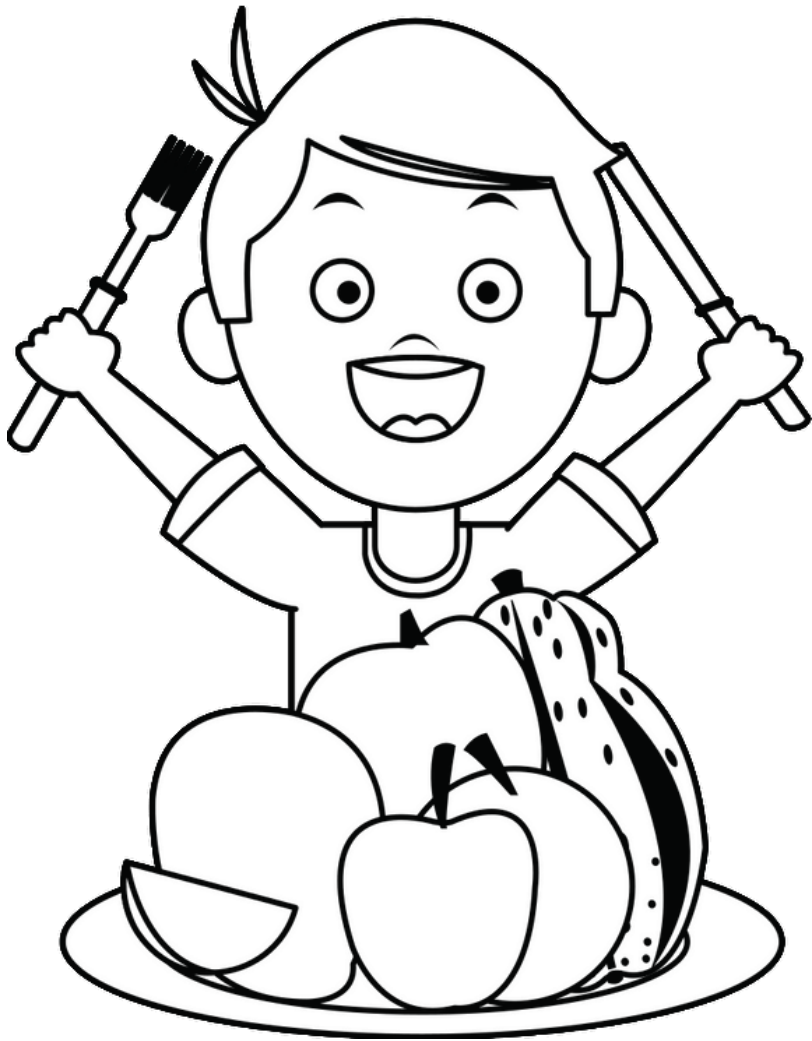
Genesis 1:29

Eat these
every
day



Eat these
once in
a while

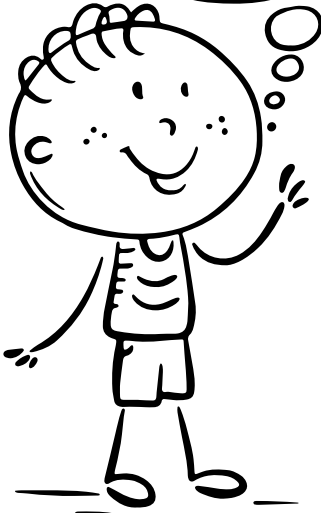
Protein, carbohydrates, vitamins, minerals, and healthy fats in whole food help you stay well. Food in a package has additives, dyes, unhealthy fats, and preservatives that can make you sick as you age.



There are over 8,000 antioxidants in fruits and vegetables that help fight cancer, viruses, and repair the cells in the body to help you grow.



They are so
good for me!



I'm going to
try more
of them.

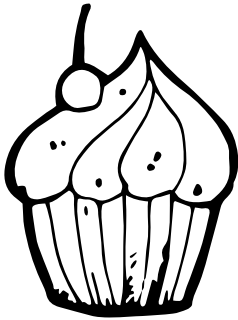


Vitamins, minerals, and antioxidants in fruits
and vegetables help you fight infection.
God loves you so much He provides nutrients
to help you be well and grow.

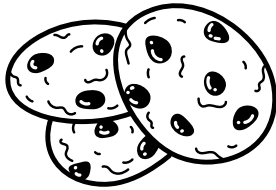


**4 Tsp
Sugar**

**Limit sugar
to
6 teaspoons
a day**



5 Tsp.



3 Tsp.

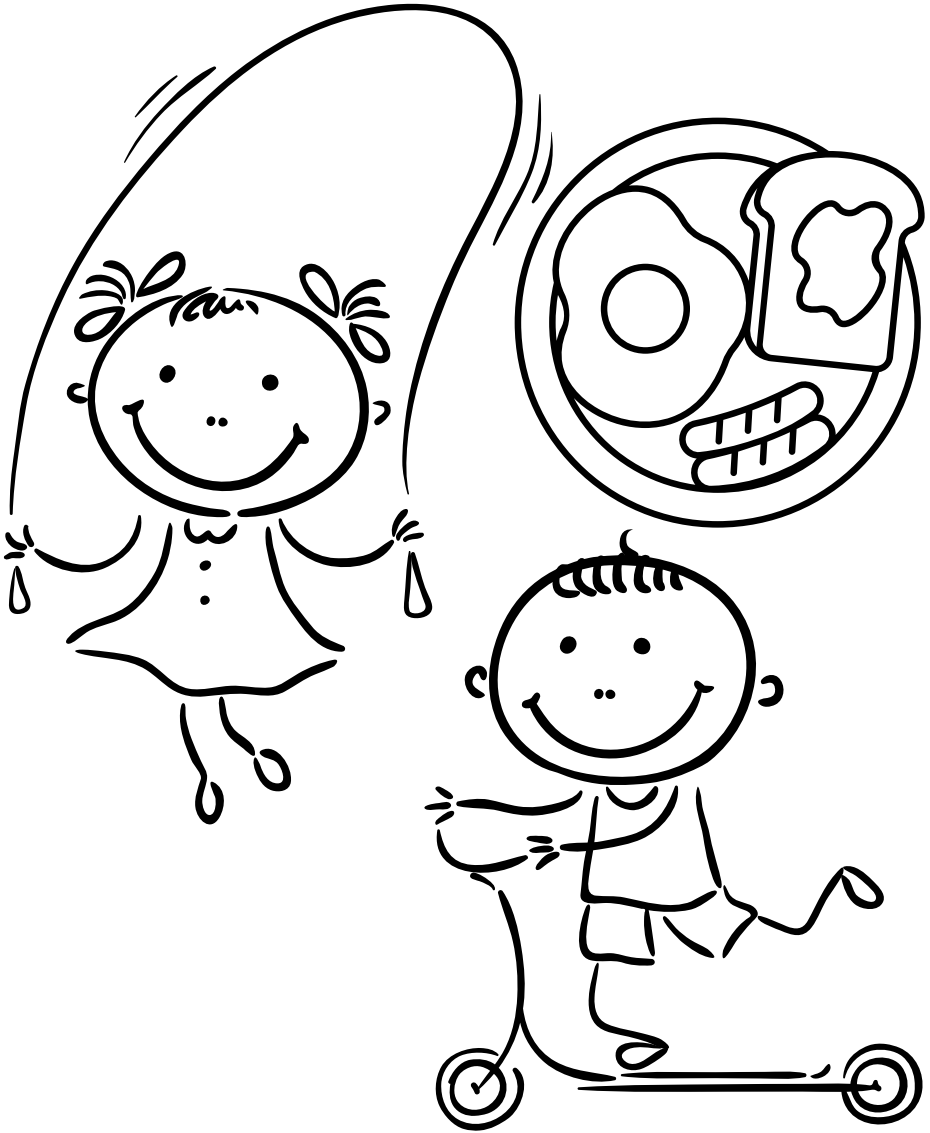


Too much sugar makes you weak, sick, and tired.

It adds up quickly too! So read labels.

4 grams of sugar =1 teaspoon (tsp.)

God has a better plan for your health!



Meagan and Chad had plenty of protein for breakfast! Growing kids need 1 gram of protein per pound of body weight each day, to grow strong and have energy.



Drinking water instead of soda pop and energy drinks help you stay healthy too!
12 ounces of pop has 9 teaspoons of sugar!
Too much sugar hurts your liver and blood vessels.

Enjoy Fruits and
Vegetables each day...



A balanced diet helps make healthier, happy kids. It makes
moms smile too!

Kids can use this fun coloring book to learn how God designed food to provide the fuel they need to grow, learn, and think clearly.



Do you need a RN Health & Wellness Coach
for your family?

Contact: mystypfefferwellness@gmail.com

Look for free resources, recipes and encouragement at
mystypfeffer.com