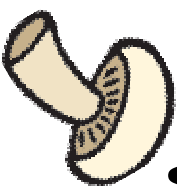




Nutrition Adventure: Help Carlos Find As Many

White Fruits and Vegetables as Possible

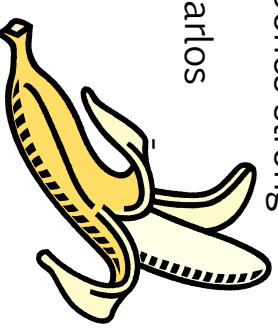


White foods help keep every part of your cardiovascular system (heart, veins and arteries) healthy!

White foods also help:

- Lower cholesterol
- Fight cancer
- Fight bad germs
- Make your bones strong tool!

-Carlos



- ### Find at the Grocery Store
- | | |
|--------------------------------------|--|
| <input type="checkbox"/> Banana | <input type="checkbox"/> Turnip |
| <input type="checkbox"/> Cauliflower | <input type="checkbox"/> White asparagus |
| <input type="checkbox"/> Garlic | <input type="checkbox"/> Sunchoke |
| <input type="checkbox"/> Ginger | <input type="checkbox"/> White corn |
| <input type="checkbox"/> Jicama | <input type="checkbox"/> Potato |
| <input type="checkbox"/> Mushroom | <input type="checkbox"/> White peach |
| <input type="checkbox"/> Pear | <input type="checkbox"/> Parsnip |
| <input type="checkbox"/> Onion | |

“saving the world one healthy food at a time”™

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