

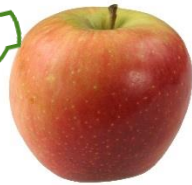
# Healthy Choices

Making healthy choices helps us feel better and grow stronger.



I can make healthy choices about what I eat and drink.

**Apples are a better choice than chips.**



**Nuts are a better choice than candy bars.**



**Vitamin Water is a better choice than Coke.**



**Water is a better choice than Gatorade.**

