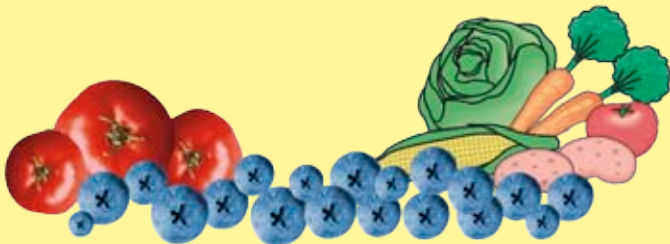


# Kids Eat 4 Health

- 1 (15) Super Brain Foods to Stimulate Students**
- 2 (10) Foods that Produce Consistent Blood Sugar Levels for Brain Power**
- 3 E4 = [ Eat + Energize + Exercise + Enjoy ]**



# 15 Super Foods that Stimulate Kid Brains

- 1 Apples – energy in 15 minutes, fiber
- 2 Almonds – lasting energy span
- 3 Banana – energy in 15 minutes,
- 4 Beans
- 5 Blueberries –
- 6 Broccoli
- 7 Grapes
- 8 Oats
- 9 Oranges
- 10 Pumpkin
- 11 Salmon
- 12 Eggs
- 13 Tomatoes
- 14 Turkey
- 15 Yogurt

# **(10) Foods to Control Blood Sugar Levels**

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- 1 Almonds**
- 2 Apple**
- 3 Bananas**
- 4 Raisins**
- 5 Blueberries**
- 6 Broccoli**
- 7 Grapes**
- 8 Oats**
- 9 Oranges**
- 10 Pumpkin**

**These foods stay in blood longer  
and help body maintain more  
constant blood sugar level.**