



# Thank you Iowa Heart

Dear Cindy,

Thank you for talking to our class about health, portion sizes, and how we should eat. We learned that you should not eat grapes on the stem, because you are likely to eat them all. That would be too many for the portion size. We also learned to not drink a whole bottle of pop each day, because it has 16 tablespoons of sugar. It was also interesting to see the pound of fat. Again, thank you for coming to our classroom. Below are things we learned.

From,  
Ms. Munson's 4<sup>th</sup> grade class  
Rolling Green Elementary

"I learned that if you have cans of coke everyday for a month that's 2 18 oz. bags of sugar."

"I learned that G2 is better for you than Gatorade, because it has less sugar."

"I truly didn't know, the portion size of spaghetti is about the size of your fist."

"I learned that if you use smaller plate the food looks bigger, so you eat less."

"I learned that you should only eat 12 grapes, instead of a whole stem."

"I learned that you can't get diabetes from eating too much sugar."

"I learned that junk food is unhealthy, because it has high calorie, high sugar, and high fat."

"I learned that Propel is better than Gatorade, because it's just flavored water."

"I learned that type 2 diabetes usually happens because of body fat."

"I learned why you don't want high cholesterol."

"I learned that one scope of ice cream is a serving."

"I learned that was a big difference in sugar when you compare coco butter and coco powder."

"I learned that heart disease is mainly caused by clogged arteries in the heart from plaque build up."