

Dear Mom and Dad,

Thanks for letting me spend the day at Jorge's. It was cool, but kind of strange, too.

His mom made us a snack of *veggies and dip*.

At first I thought, "Yuck!" I was wrong. It turns out I like carrots and peppers, and you couldn't even *tell* that she'd used low-fat sour cream.

I asked, "Where'd the pizza bites go?" She said that they stayed in the grocery store!

Here's the deal: Jorge's dad found out he has high blood pressure. And that the doctor said he needs to change what he eats and be more active.

That's when it hit me—what you eat and do really does make a difference.

Jorge's mom said it was time for *the whole family* to start learning to eat right and get up and off the couch. Truth is, some kids were hassling Jorge because he's bigger. But since his mom's started making small changes, Jorge says he has, like, more energy or something!

And it's true. We did all this new stuff outside. We rode our bikes all around the neighborhood. I thought I'd be really tired when it was over, but I had *more* energy! And, get this! It was Saturday but we didn't watch *any* TV. And I didn't miss it!

After the ride, we made dinner *together*, washing veggies for this thing called "stir fry." It was FUN! We ate all different-colored foods and I even tried asparagus, which was good! Can you believe I liked something GREEN?!

After dinner, Jorge's mom said something *really* strange. She said it was a "GO Food" night and pointed to a sheet on her fridge that talked about **GO**, **SLOW** and **WHOA** foods. GO foods are foods we can eat often because they're good for us. So, for dessert we got tasty fat-free yogurt with strawberries on top!

Jorge's mom says they get tips on how to eat right, be more physically active and cut TV and computer time, from **We Can!** (Ways to Enhance Children's Activity & Nutrition), a program by the National Institutes of Health, which is pretty cool.

She showed me a handbook and tip sheets, and said there's more cool stuff at <http://wecan.nhlbi.nih.gov> and 866-35-WECAN.

So, let's check out this **We Can!** thing. If Jorge's family can do it, we can, too! Right?

Love,

Your Son