Be Sweet to Your Heart

The foods we eat play a big role in keeping your heart healthy. Even small changes can make a big difference in keeping you feeling great! Try to fill your plate up with foods that have:

**Colors**
Brightly colored fruits and vegetables are filled with vitamins, minerals and antioxidants that help your body function!

**Fiber**
Fiber is found in fruits, vegetables, whole grains, beans and nuts and can lower your cholesterol and help you stay full for longer!

**Healthy Fats**
Healthy fats found in avocado, fish, and nuts can help boost brain health and lower cholesterol.