

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

Heart Healthy Foods

