



Heart Healthy FOODS



FRUITS AND VEGGIES

Fruits and veggies contain antioxidants that promote healthy arteries.

WHOLE GRAINS

Whole grains provide fiber, managing cholesterol and preventing heart disease.

HEALTHY PROTEINS

Plant based proteins are associated with a lower risk of cardiovascular disease.

NONFAT/LOWFAT DAIRY

Low and non-fat dairy options reduce intake of saturated fat.

UNSATURATED FATS

Unsaturated fats and oils promote cardiovascular health.

Restivo, J. (2023, November 9). Heart-healthy foods: What to eat and what to avoid. Harvard Health. <https://www.health.harvard.edu/heart-health/heart-healthy-foods-what-to-eat-and-what-to-avoid>

