

HEART-HEALTHY FOODS

- tomatoes
- carrots
- Romaine lettuce
- spinach, kale, cabbage
- apples, pears
- oranges
- bananas
- peaches
- broccoli, cauliflower
- eggs
- lean meats
- unsalted nuts, seeds, and nut butter
- tofu
- beans, peas, and lentils
- preserved fruits with no added sugars
- canned veggies that are low in sodium
- fat-free or low-fat milk & yogurt
- soy milk with added vitamins
- whole-grain breads
- seafood - fish, and shellfish
- whole-grain pasta and couscous
- breakfast cereals with no added sugars
- brown rice, wild rice, quinoa, and oats

