

# American Heart Month Food Cards

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## Almonds



**Healthy Heart Benefits:** Almonds contain unsaturated fats which lower LDL Cholesterol and increase HDL Cholesterol. They are high in fiber and vitamin E (an antioxidant).



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## Avocado



**Healthy Heart Benefits:** Avocado contains unsaturated fats including omega-3 fatty acids. It's high in fiber and is a great source of many vitamins and minerals.



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## Beans



**Healthy Heart Benefits:** Beans are a very lean source of protein, which means they give the body a lot of protein but very little fat. They are also high in fiber, B vitamins and potassium (a mineral).

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## Berries



**Healthy Heart Benefits:** Berries are loaded with antioxidants, vitamins, minerals, and fiber. They've been shown to fight inflammation, lower LDL (bad) cholesterol, and contribute to healthy arteries.

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## Edamame



**Healthy Heart Benefits:** Edamame is packed with essential vitamins and minerals. It is a very lean source of complete protein, which means it gives the body a lot of protein but very little fat. Plus, the small amount of fat in Edamame is a healthy unsaturated omega-3. Edamame is also high in fiber.

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## Leafy Green Vegetables



**Healthy Heart Benefits:** Leafy green vegetables are packed with important antioxidants and other essential vitamins and minerals. They are high in fiber. They give you all of this nutritional value with very few calories, so you can eat a lot of leafy green vegetables while keeping your overall energy balanced.



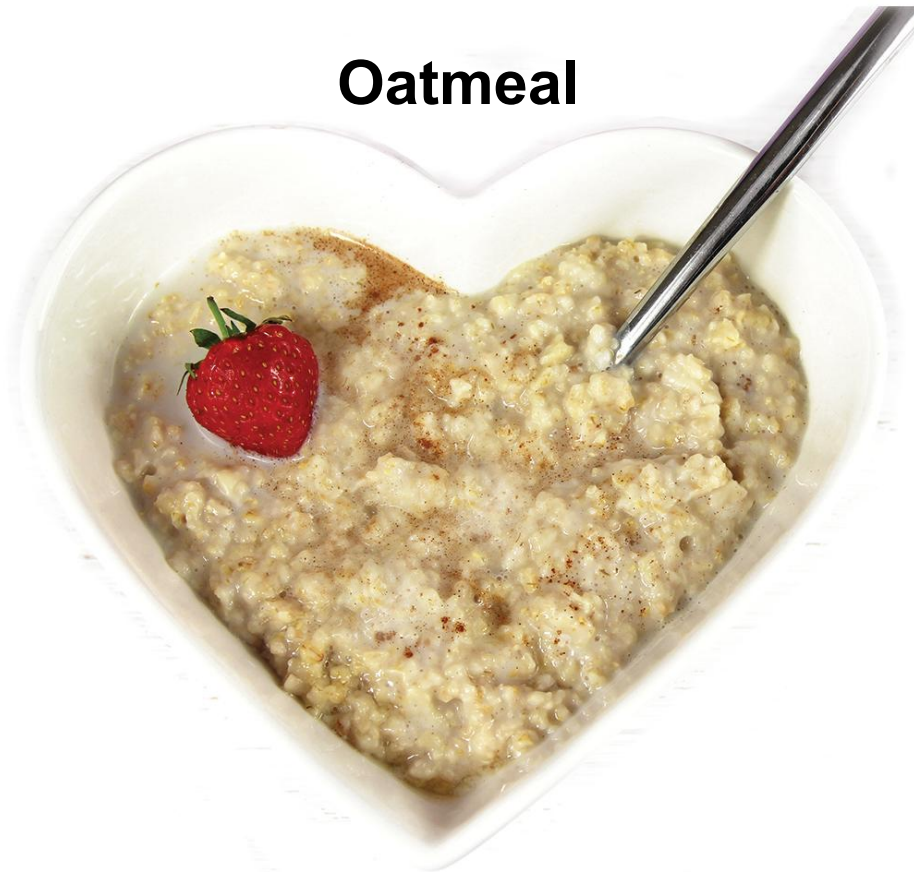
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## Oatmeal



**Healthy Heart Benefits:** The high levels of antioxidants and fiber in oatmeal make it one of the best foods for heart health. It has been shown to decrease LDL (bad) cholesterol levels while not affecting HDL (good) cholesterol levels. Oatmeal is full of fiber. Oatmeal is low in calories but makes people feel full. That can help people reduce portion size while getting a lot of great nutrition.

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## Olive Oil



**Healthy Heart Benefits:** Olive oil is a source of unsaturated fat which can help lower LDL (bad) cholesterol. It is minimally processed compared to other oils so it keeps all of the beneficial antioxidants contained in the olive fruit. Olive oil may help prevent heart disease and stroke.

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## Salmon



**Healthy Heart Benefits:** Salmon is one of the best sources of omega-3 fatty acids and an excellent source of protein. This combination provides big health benefits while helping to keep calories in balance when combined with a physically active lifestyle. It has been shown to decrease inflammation, lower blood pressure, and protect arteries.



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## Tomatoes



**Healthy Heart Benefits:** Tomatoes are high in fiber and contain a number of antioxidants, including lycopene, which boost heart health. The nutrients in tomatoes have been shown to lower levels of LDL (bad) cholesterol and blood pressure.

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## Walnuts



**Healthy Heart Benefits:** Walnuts are rich in heart-healthy omega-3 fatty acids and powerful antioxidants. They are also a good source of fiber. This combination may help fight inflammation and heart disease and decrease blood pressure and LDL (bad) cholesterol.

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## Water



**Healthy Heart Benefits:** Drinking water instead of sugary drinks is a great way to maintain a healthy energy balance. Additionally, drinking water helps your heart do its job. A hydrated heart is able to pump blood more easily and allows all of your muscles to work more efficiently.

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