# Heart-Healthy Eating Made Simple



Small Swaps. Big Flavor. A Healthier You

# 1

# Simple Swaps



Heart-healthy eating is simple: swap fries for colorful veggies, white bread for whole grains, butter for olive oil, and red meat for fish or beans. Small swaps, big heart impact.



# 2

## Bright Flavors

Make meals heart-healthy and delicious by adding lemon to veggies, herbs to chicken, spices to grains, garlic to sautés, and vinegar to salads. Big flavor, less sugar and salt.

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# Omega-3 rich foods



Add salmon, tuna, sardines, chia seeds, flaxseed, or walnuts to your meals to help reduce inflammation, support healthy cholesterol levels, and keep your heart strong.