

# Heart Healthy Foods

Oatmeal  
Brown or Wild Rice  
Salmon  
Sardines  
Tuna  
Walnuts  
Almonds  
Flax Seeds  
Berries  
Olive Oil  
Broccoli  
Carrots  
Sweet Potatoes

Red Bell Peppers  
Black Beans  
Kidney Beans  
Spinach  
Green Tea  
Red Wine  
Cantaloupe  
Papaya  
Acron Squash  
Tomatoes  
Oranges  
Asparagus  
Avocados