

HEART HEALTHY DIET

A4, A5 & US LETTER SIZE | PRINTABLE



HEART-HEALTHY DIET FOOD CHART



FRUITS

FOOD NAME	PORTION SIZE	NUTRITIONAL BENEFITS	Cal
BERRIES (BLUEBERRIES, STRAWBERRIES)	1 CUP	HIGH IN FIBER, ANTIOXIDANTS, SUPPORTS HEART HEALTH	25-40
APPLES	1 MEDIUM	HIGH IN FIBER, SUPPORTS HEALTHY CHOLESTEROL LEVELS	55-60
ORANGES	1 MEDIUM	HIGH IN VITAMIN C, ANTIOXIDANTS	35-45
AVOCADOS	1/2 MEDIUM	RICH IN HEALTHY FATS, SUPPORTS HEART HEALTH	15
GRAPES	1 CUP	HIGH IN ANTIOXIDANTS, SUPPORTS CIRCULATION	40-50
PEARS	1 MEDIUM	HIGH IN FIBER, SUPPORTS DIGESTION AND HEART HEALTH	38-42
CHERRIES	1 CUP	HIGH IN ANTIOXIDANTS, SUPPORTS CIRCULATION	22
PEACHES	1 MEDIUM	HIGH IN VITAMINS A AND C, SUPPORTS HEART HEALTH	28-42
PLUMS	1 MEDIUM	HIGH IN VITAMINS AND ANTIOXIDANTS	35

VEGETABLES

LEAFY GREENS (SPINACH, KALE)	1 CUP	HIGH IN VITAMINS, FIBER, SUPPORTS HEART HEALTH	10-22
BROCCOLI	1 CUP	HIGH IN FIBER, ANTIOXIDANTS, SUPPORTS HEALTHY CHOLESTEROL LEVELS	15-30
SWEET POTATOES	1 MEDIUM	HIGH IN FIBER, ANTIOXIDANTS, SUPPORTS BLOOD PRESSURE	44-61
TOMATOES	1 CUP	HIGH IN LYCOPENE, SUPPORTS HEART HEALTH	15-30
BELL PEPPERS	1 CUP	HIGH IN VITAMINS, ANTIOXIDANTS, SUPPORTS HEART HEALTH	15-30
CARROTS	1 CUP	HIGH IN FIBER, SUPPORTS VISION AND HEART HEALTH	25-45
CALIFLLOWER	1 CUP	HIGH IN FIBER, SUPPORTS DIGESTION AND HEART HEALTH	15-30
ASPARAGUS	1 CUP	HIGH IN VITAMINS, SUPPORTS HEART HEALTH	15-30
GREEN BEANS	1 CUP	HIGH IN FIBER, SUPPORTS HEART HEALTH	15

WHOLE GRAINS

OATMEAL	1 CUP	HIGH IN SOLUBLE FIBER, SUPPORTS HEALTHY CHOLESTEROL LEVELS	55-69
QUINOA	1 CUP	HIGH IN PROTEIN, FIBER, SUPPORTS HEART HEALTH	50-55
BROWN RICE	1 CUP	HIGH IN FIBER, SUPPORTS HEART HEALTH	50-55
WHOLE WHEAT BREAD	1 SLICE	HIGH IN FIBER, SUPPORTS HEALTHY CHOLESTEROL LEVELS	50-70
BARLEY	1 CUP	HIGH IN FIBER, SUPPORTS HEALTHY CHOLESTEROL LEVELS	28-45
BUCKWHEAT	1 CUP	HIGH IN PROTEIN AND FIBER, SUPPORTS HEART HEALTH	45-51
WHOLE-GRAIN PASTA	1 CUP	HIGH IN FIBER, SUPPORTS HEART HEALTH	40-55

PROTEINS

SALMON	3 OUNCES	HIGH IN OMEGA-3 FATTY ACIDS, SUPPORTS HEART HEALTH	0-5
CHICKEN BREAST (GRILLED)	3 OUNCES	LEAN PROTEIN, LOW IN SATURATED FAT, SUPPORTS HEART HEALTH	0-5
TOFU	1/2 CUP	PLANT-BASED PROTEIN, LOW IN SATURATED FAT	15-30
LENTILS	1 CUP	HIGH IN FIBER, PLANT-BASED PROTEIN, SUPPORTS HEART HEALTH	20-30
BEANS (BLACK, KIDNEY)	1 CUP	HIGH IN FIBER, PLANT-BASED PROTEIN, SUPPORTS HEALTHY CHOLESTEROL LEVELS	24-29
SARDINES (IN WATER)	3 OUNCES	HIGH IN OMEGA-3 FATTY ACIDS, SUPPORTS HEART HEALTH	0-5

The Healthy Heart Diet Wi Help Yourself Guides

SJ Ball



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The Top Books of the Year The Healthy Heart Diet Wi Help Yourself Guides The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous compelling novels captivating the hearts of readers worldwide. Lets delve into the realm of top-selling books, exploring the engaging narratives that have captivated audiences this year. The Healthy Heart Diet Wi Help Yourself Guides : Colleen Hoover's "It Ends with Us" This poignant tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover skillfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can triumph. Uncover the Best : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This captivating historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids captivating storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic : Delia Owens "Where the Crawdads Sing" This captivating coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens weaves a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These top-selling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of captivating stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a masterful and suspenseful novel that will keep you wondering until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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