

WELLNESS & NUTRITION

HEART HEALTHY EATING

TAKE CARE OF YOUR BODY

Spring into a healthier you this March with simple, delicious ways to support your heart! Heart disease remains a leading health concern, but the good news is that what you eat can make a big difference.

Let's celebrate National Nutrition Month by focusing on foods that keep your heart beating strong.

Top Heart-Healthy Foods to Add to Your Plate

Salmon

Packed with omega-3 fatty acids, this tasty fish helps reduce inflammation and lower cholesterol.

Blueberries

These little powerhouses are loaded with antioxidants that protect your heart from damage.

Oats

A bowl of oatmeal is a fiber-rich way to start your day and keep your arteries clear.

Avocado

Creamy and full of healthy fats, avocados can help lower "bad" LDL cholesterol.

Spinach

This leafy green is rich in potassium, which supports healthy blood pressure levels.

Fun Fact: Did you know that eating just a handful of nuts (like almonds or walnuts) a day can reduce your risk of heart disease by up to 30%?



Quick Tips for a Heart-Happy March:

Swap out salt for herbs like rosemary or thyme to flavor your meals.



Aim for 30 minutes of movement most days – a brisk walk counts!



Try "Meatless Monday" with a hearty lentil soup or veggie stir-fry.



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