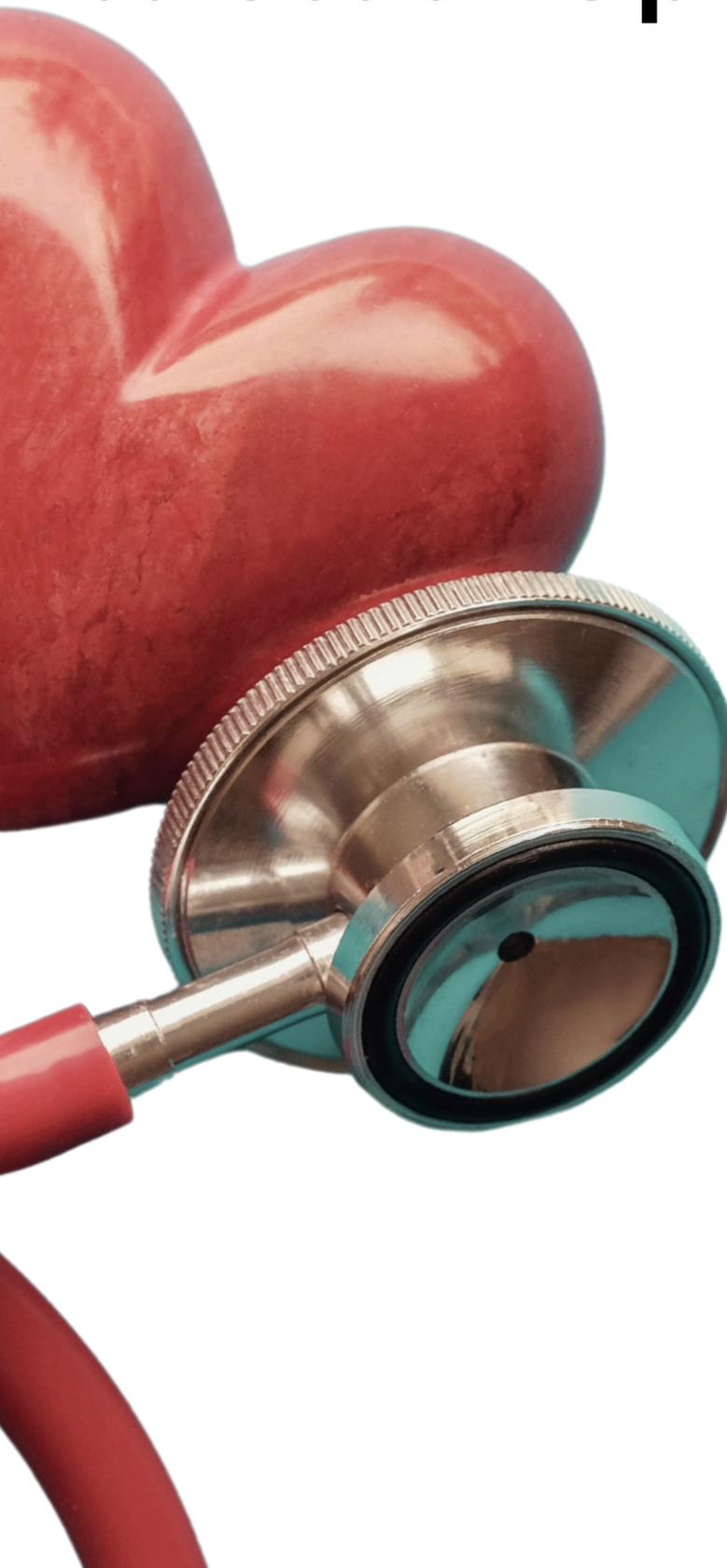


Heart Healthy Foods to Stock Up On



GRAINS & BEANS:

- Oatmeal (regular or quick)
- Brown rice
- Black beans, pinto beans, lentils

PROTEINS:

- Canned salmon or tuna (in water)
- Skinless chicken
- Eggs
- Peanut butter (natural or low-sugar)

VEGGIES:

- Frozen spinach, kale, or mixed vegetables
- Canned tomatoes (low salt)
- Fresh carrots, cucumbers, bell peppers

FRUITS:

- Apples, bananas, oranges
- Frozen berries
- Canned fruit (in juice, not syrup)

HEALTHY FATS:

- Olive oil
- Nuts (almonds, walnuts)
- Avocados (when affordable)