

Food List For Better HEART HEALTH



Walnuts



Blueberry



Chia Seeds



Raspberries



Avocado



Spinach



Salmon



Sweet Potato



Garlic



Almond



Beets



Olive Oil



Tuna



Tomatoes



Grapes



Egg



Pomegranate



**Sunflower
Seeds**



Sardines



Kale