

# Your Heart-Healthy Grocery Shopping List

Healthy eating starts with having the right heart-healthy foods in your kitchen.

- |  |                                   |
|--|-----------------------------------|
| <input type="checkbox"/> Apples            | <input type="checkbox"/> Berries  |
| <input type="checkbox"/> Bell peppers      | <input type="checkbox"/> Broccoli |
| <input type="checkbox"/> Cauliflower       | <input type="checkbox"/> Celery   |
| <input type="checkbox"/> Dark leafy greens | <input type="checkbox"/> Eggplant |
| <input type="checkbox"/> Grapes            | <input type="checkbox"/> Kale     |
| <input type="checkbox"/> Oranges           | <input type="checkbox"/> Pears    |
| <input type="checkbox"/> Squash            | <input type="checkbox"/> Tomatoes |
| <input type="checkbox"/> Zucchini          |                                   |