Your Heart-Healthy Grocery Shopping List

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

- [ ] Apples
- [ ] Bell peppers
- [ ] Cauliflower
- [ ] Dark leafy greens
- [ ] Grapes
- [ ] Oranges
- [ ] Squash
- [ ] Zucchini
- [ ] Berries
- [ ] Broccoli
- [ ] Celery
- [ ] Eggplant
- [ ] Kale
- [ ] Pears
- [ ] Tomatoes

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