

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 | |