

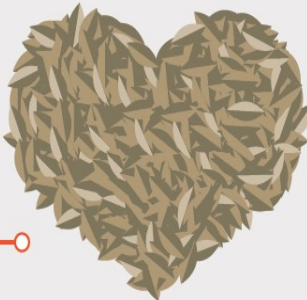
HEART-HEALTHY FOODS

REDUCE YOUR RISK OF HEART DISEASE, CANCER, AND HIGH CHOLESTEROL WITH THESE FIVE FOODS

BROWN RICE

FREEZES WELL

GLUTEN-FREE



STUFF IN VEGGIES AND BAKE

HIGH IN FIBER, EASY TO DIGEST

SPINACH

EAT RAW FOR MORE VITAMINS



TRY IN A SMOOTHIE

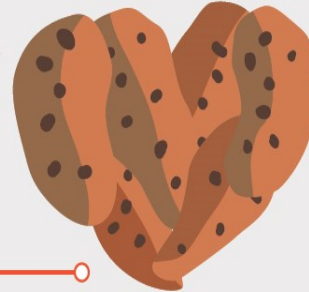
WASH THOROUGHLY

LOWERS CHOLESTEROL, HIGH IN IRON

SWEET POTATO

STORE IN DRY, COOL PLACE

ROAST FOR MORE SWEETNESS

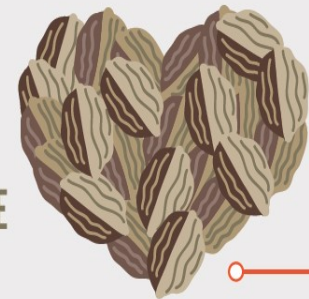


BOIL FOR MASHED SWEET POTATOES

GOOD SOURCE OF VITAMIN C. HIGH IN FIBER

WALNUTS

TOAST FOR MORE FRAGRANCE



CAN BE USED IN PESTOS

TRY WALNUT OIL FOR DRESSINGS

HIGH IN OMEGA-3, HIGH IN PROTEIN

SALMON

ENHANCE WITH LEMON

COOK UNTIL MEDIUM-FIRM



BAKE IN PARCHMENT FOR A TENDER BITE

LOWERS BLOOD PRESSURE, LOW CARB

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