


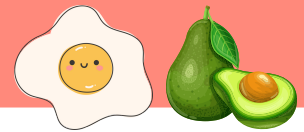
Feel good 

SHOPPING LIST

HEART HEALTH MONTH

February is American  Month, so it's the perfect time to focus on the most important muscle in our body—our heart! Whether you're 25 or 65, it's smart to take care of our tickers with regular exercise and foods that support heart health.

Add these nutritious foods to your cart!



Eggs: Yes! According to the American Heart Association, healthy people can include an average of 7 eggs a week as part of a heart-healthy diet. We still need to think about our blood cholesterol levels, but the cholesterol in eggs doesn't affect those levels for most people. Diets high in saturated fat have the biggest impact on cholesterol levels. Most of the fat in eggs is unsaturated, good-for-you fat that supports heart health. Try one of these [tasty egg dishes](#).

Rolled oats: This versatile ingredient is loaded with soluble fiber, which is great for your gut and may help lower total and "bad" LDL cholesterol levels. Try oats in this delish [Cran-Apple Baked Oatmeal](#).

Barley: Another soluble fiber star, barley has a wonderful nutty flavor and chewy consistency. I love this [Savory Barley Bowl](#), which works for breakfast, lunch, or dinner.

Beets: The heart healthy DASH Diet emphasizes foods rich in magnesium, potassium and calcium, while reducing sodium. You can increase your intake of magnesium with beets – they have 39mg/cup. Try them in my [Workout Recovery Smoothie!](#)



Bananas: This sweet fruit is a potassium star, with 487mg in a large banana. Potassium is vital for helping to balance out sodium in the body, which can help lower your risk for heart disease.

Lentils: Folic acid, a B vitamin, regulates homocysteine, a marker for heart disease. Cooked lentils contain 358mcg of folate in each cup. Add them to soups or blend them into a delicious [dip!](#)

Avocado: 35% of the fiber in these creamy fruits is soluble, which helps prevent your body from absorbing cholesterol and reduces the risk of heart disease.



100% Orange juice: A good source of potassium with 496mg in each 8-ounce serving, OJ is a sunny way to get more each day.

Almonds: We think about calcium for our bones, but it also helps in regulating blood pressure. Aim to get most of your calcium from food sources. An ounce of almonds has 76mg of calcium.

Butternut squash: This winter fave is also loaded with potassium, at 582mg per cooked cup. Use it in these delicious [pancakes](#).



FRANCES LARGEMAN-ROTH



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