

HEART SMART

Nutrition



Summer Fruits you can't get enough of....

Mango



Mangos are loaded with vitamins A and C, and add a large amount of beta-carotene, which can help prevent cancer and promotes healthy skin

Papaya



Has enough vitamin C to send a cold running for the hills. The large amounts of vitamin C and E also make it a power fighter against inflammation and asthma.

Fruit Power

Fruits provide lots of soluble dietary fiber, antioxidants, simple sugars, and vitamins. Helping to rejuvenate cells, tissue, and organs in the human body. Add to your Heart Smart Minute nutrition plan by eating locally grown in season fruits. The more you know about where your food is coming from, the less likely it is to be laced with chemicals, such as pesticides and fertilizers. Avoid out of season foods which are made in factory farms.

Pears



A single pear has more fiber than an apple, comparable vitamin C, and only a few more calories and carbs.

Pineapple

Protects against colon cancer, arthritis, and macular degeneration.



Watermelon

Contains amino acids that increase blood flow to the heart



Kiwi



Kiwis are packed with vitamin C, fiber, potassium and vitamin E

Black Raspberry

These sweet and juicy berries are loaded with antioxidants



Blueberries



These little berries can help prevent both cancer and heart disease