

# HEART SMART MINUTE

Newsletter

Turn your body into a Fat Burning Machine



NUTRITION is the BEST MEDICINE! These foods will help turn your body into a FAT BURNING MACHINE, increase your energy level, and help prevent illness. The only side effect is looking really hot in your skinny jeans...ENJOY!

### Allium Family (detox)

- Onions
- Garlic
- Chives
- Scallions



### Legumes (soluble fiber)

- Beans



### Berries (reduce inflammation)

- Raspberries
- Strawberries



## TOP 10 HEART SMART FOODS

### Cruciferous Veggies (fight diabetes)

- Cabbage
- Cauliflower
- Broccoli



### Dark Green Veggies (Increase Thyroid)

- Swiss chard
- Spinach
- Arugula



### Nuts (help prevent heart disease)

- Almonds
- Pecans
- Walnuts



### Whole Grains (overall health improvement)

- Quinoa
- Oatmeal
- Wheat germ/bran



### Organic Meat and Eggs

(protein & growth hormone)

- Free range eggs
- Wild deep sea fish
- Grass fed beef



### Fruits and Veggies (cancer fighting)

- Tomatoes
- Grapes
- Olives

