



Heart Healthy Food Needs:

- Brown Rice
- Quinoa
- Whole Wheat Pasta
- Whole Grain Cereals – Shredded Wheat, Toasted Oat, Bran Flakes, etc.
- Oatmeal – Whole Oats Or Quick Cooking (Not Instant)
- 100% Whole Wheat Bread and Pita Pockets
- Corn Tortillas
- Unbleached or Whole Wheat Flour
- Cornstarch or Arrowroot
- Baking Powder And Baking Soda
- Beans - Dried and Canned
- Canned Tuna Packed In Water
- Low Sodium Canned Chicken
- Canned Tomatoes (No-Salt-Added)
- Unsweetened Applesauce
- Dried Fruit And Nuts – Almonds, Walnuts, Chickpeas And Sunflower Seeds (Unsalted)
- Olive and Canola Oils, Vegetable Oil Spray
- Low-Calorie Salad Dressings

