

EAT **RED** for American Heart Month

While red meat can increase your risk of cardiovascular disease, there are tons of red plant foods that'll keep your heart healthy!



Tart Cherries

NUTRIENT:
Vitamin A

One cup of tart cherries has 39% of your daily vitamin A.



Tomatoes

NUTRIENT:
Lycopene

Tomatoes are high in lycopene, a powerful antioxidant.



Red Lentils

NUTRIENT:
Protein

Just one cup of red lentils has 18 grams of protein.



Beets

NUTRIENT:
Betaine

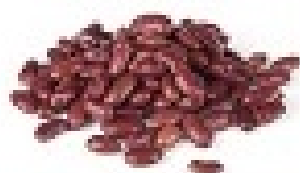
Beets contain betaine, a compound seen to protect blood vessels from artery-clogging plaque.



Strawberries

NUTRIENT:
Vitamin C

One cup of whole strawberries provides 141% of your vitamin C intake.



Kidney Beans

NUTRIENT:
Fiber

You can get 44% of your daily amount of fiber with one cup of kidney beans.



Red Potatoes

NUTRIENTS:
B-6 & Potassium

Get 30% of your daily B-6 and 46% potassium in a single, large red potato.