HEART HEALTHY FOODS PREVENT HEART DISEASE NATURALLY



WHAT to EAT? FRUITS and VEGETABLES



WHAT to AVOID? PROCESSED and GMO FOODS

* Good fats monounsaturated fats polyunsaturated fats omega-3 fatty acids

Vitamin C

L-Proline

L-Lysine

SUPPLEMENTS with VITAMINS and MINERALS Magnesium

Vitamin D3

CoQ10

Fish Oil

SALT BAD FATS **CALORIES** CHOLESTEROL

Bad fats

saturated fats

trans fats

VITAMINS MINERALS ANTIOXIDANTS DIETARY FIBERS

Vitamin E



- + fibers
- + folic acid
- + potassium
- + vitamin C



Chia seed





+ potassium

+ folic acid

vitamin C. anti inflammation



- + Q10 co-enzyme
- + fibers
- vitamin A, C





- antioxidants
- + fibers
- good fats



+ antioxidants - cholesterol

– blood pressure anti inflammation



- vitamin C,A
- antioxidants
- + potassium
- cholesterol



- vitamin B
- + fibers
- good fats



- + fibers + potassium
- + good fats
- + vitamin C,B



- + 010 co-enzyme + antioxidants + potassium
- cholesterol
- toxins



- antioxidants
- + fibers
- potassium cholesterol
- blood pressure

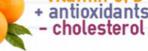




vitamin A,B,C

helps with cholesterol

blood flow





- vitamin A, C + potassium
- + fibers



- + fibers
 - antioxidants
 - + lignans



chocolate

- antioxidants
- cholesterol
- blood sugar



- vitamin A. C







vitamin C.A + potassium + fibers





