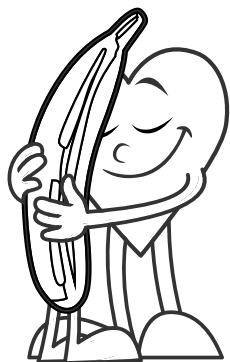


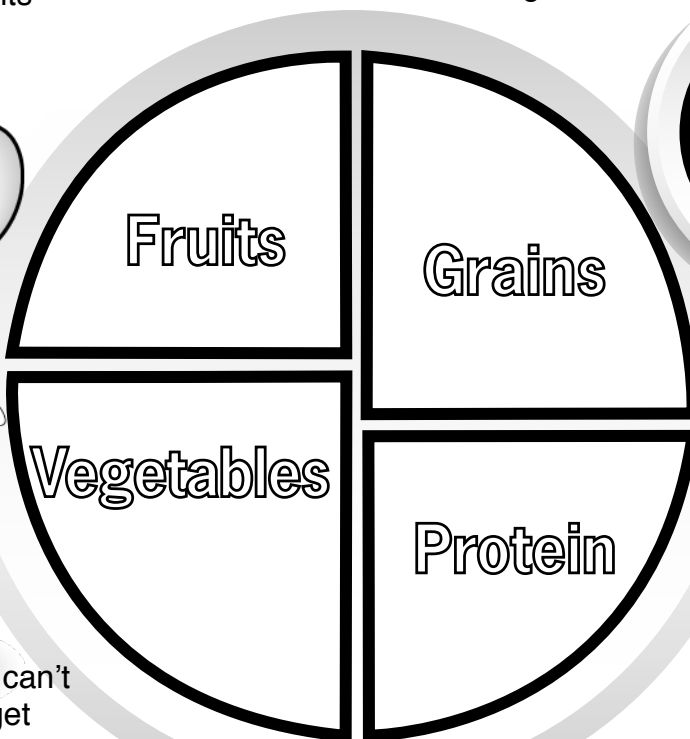
Your Heart Loves Foods From the My Plate



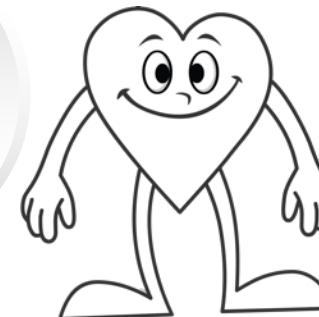
We love fruits

Eat grains that are 100% whole grains!

Go for low fat or nonfat and we'll thank you!.



Dairy



Go for lean meats



We can't get enough vegetables.

Valentine's Day is part of Healthy Heart Month! The My Plate gives us lots of choices to keep our hearts healthy and HAPPY!



I need exercise everyday- run, walk and jump!