



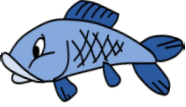






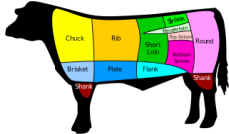










## Daily Heart Healthy Tips for February

Monday	Tuesday	Wednesday	Thursday	Friday
Exercise Every Day	Get Better Sleep	Watch your Alcohol intake	Get regular check ups	Eat Healthier

## Heart Healthy Food- one for each day

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 Leafy Green Veggies</p> 	<p>2 Berries</p> 	<p>3 Whole Grains</p> 	<p>4 Avocados</p> 	<p>5 Fish</p> 
<p>8 Good fatty oils</p> 	<p>9 Walnuts</p> 	<p>10 Skinless Chicken</p> 	<p>11 Dark Chocolate</p> 	<p>12 Tomatoes</p> 
<p>15 Almonds</p> 	<p>16 Lean Beef</p> 	<p>17 Garlic</p> 	<p>18 Olive Oil</p> 	<p>19 Seeds</p> 
<p>22 Less Salt</p> 	<p>23 Green Tea</p> 	<p>24 Chickpeas</p>  <p>Chickpea is the fairest of them all</p>	<p>25 Edamame</p> 	<p>26 Low fat dairy</p> 
<p>Join our Grab and Go Lunch Program! Call us before noon to order for the next day! 402-293-3041</p>				