

Health & Wellness Tip of the Week

Week 7 February 13, 2017

February is all about Heart Health

It is the perfect time to remind everyone about the importance of keeping your heart beating to a steady beat.



Heart Healthy Superfoods

Here are the best of the best when it comes to preventing heart disease. Try to incorporate these nutritional superstars into your regular diet:

- 🥄 Almonds
- 🥄 Apples
- 🥄 Asparagus
- 🥄 Avocado
- 🥄 Bananas
- 🥄 Barley
- 🥄 Beans (dry, cooked)
- 🥄 Blackberries
- 🥄 Blueberries
- 🥄 Broccoli
- 🥄 Brown Rice
- 🥄 Brussels Sprouts
- 🥄 Cantaloupe
- 🥄 Carrots
- 🥄 Cauliflower
- 🥄 Collard Greens
- 🥄 Dark Chocolate
- 🥄 Edamame
- 🥄 Grapefruit
- 🥄 Ground flaxseed
- 🥄 Kale
- 🥄 Kiwifruit
- 🥄 Lentils
- 🥄 Low-Fat Yogurt
- 🥄 Macadamia Nuts
- 🥄 Mackerel
- 🥄 Mustard Greens
- 🥄 Oatmeal
- 🥄 Olive Oil
- 🥄 Onions
- 🥄 Oranges
- 🥄 Papaya
- 🥄 Quinoa
- 🥄 Raspberries
- 🥄 Red Bell Peppers
- 🥄 Red Wine
- 🥄 Salmon
- 🥄 Sardines
- 🥄 Soy Milk
- 🥄 Spinach
- 🥄 Strawberries
- 🥄 Sunflower Seeds
- 🥄 Sweet Potatoes
- 🥄 Swiss Chard
- 🥄 Tea (Black or Green)
- 🥄 Tofu
- 🥄 Tomatoes
- 🥄 Tuna

Sources: Positive Promotions

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