



PALADINA
HEALTH™



ACTIVATE™
HEALTHCARE

Eat with purpose. Be heart healthy!

SHOW YOURSELF SOME LOVE AND FOLLOW THESE TIPS FOR LIVING HEART HEALTHY!

You may be eating plenty of food. But are you getting the nutrients your body needs to be healthy? Foods with vitamins, minerals, protein, whole grains and other nutrients that are lower in calories may help you control your weight, cholesterol and blood pressure.



OPT FOR WHOLE GRAINS

SELECT LOW-FAT DAIRY PRODUCTS

CHOOSE SKINLESS POULTRY AND FISH

AVOID TRANS-FATS

LOWER SALT INTAKE

TRY NUTS & LEGUMES

EAT A VARIETY OF FRUITS & VEGETABLES

CUT BACK ON ITEMS WITH ADDED SUGARS

For heart health and nutrition tips, visit your Health & Wellness Center or other health care provider today!