

Quick List - Some Heart Stars

- Whole Grain Oats
- Olive Oil
- Avocado
- Almonds; Walnuts and other Nuts
- Oranges
- Salmon
- Broccoli
- Halibut
- Cinnamon
- Turmeric
- Green Tea
- Spinach
- Kale
- Quinoa
- Blueberries
- Chocolate
- Lentils
- Tofu
- Grass fed dairy foods
- Omega-3 eggs
- Winter squash
- Flaxseeds
- Chia seeds
- Black beans/kidney beans