



Here's to Your Heart

Each February we celebrate American Heart Month—a reminder to take good care of the hearts that take care of us. While heart disease remains America's leading cause of death, it can be prevented with healthy habits. For example, exercise regularly, don't smoke, stay hydrated, and eat a diet low in sugar and rich in vitamins and antioxidants. Some people call this the Mediterranean Diet. At Belue Farms Natural Market, we call it food for life. Here's a list of heart-healthy super foods to add to your grocery list.

- *Beans and lentils*
- *Walnuts*
- *Almonds*
- *Olives*
- *Olive Oil*
- *Hemp, chia and flax seeds*
- *Whole grains*
- *Oatmeal*
- *Yogurt*
- *Wild-caught salmon*
- *Beets*
- *Garlic*
- *Avocado*
- *Apples*
- *Blueberries*
- *Citrus fruits*
- *Tomatoes*
- *Leafy green vegetables*
- *Dark chocolate (hooray!)*
- *Green tea*

Eat Healthy. Be Happy.

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