

RESILIENCY

NUTRIENTS FOR HEART HEALTH

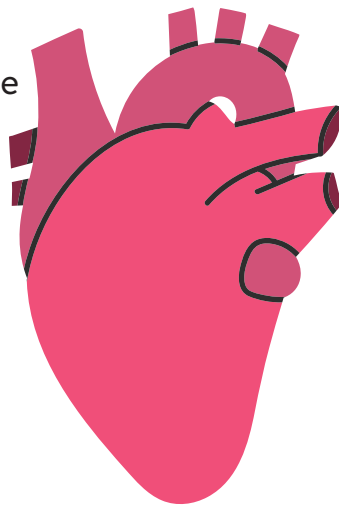
When it comes to keeping your heart healthy and happy, what's on your plate can make all the difference. Here are some important nutrients your heart needs and where to get them:

Calcium

Milk, yogurt, cheese, and other milk products; canned fish; dark leafy greens; and fortified orange juice

Vitamin D

Fortified orange juice, fortified milk, fatty fish, and sunlight – so remember take some walks outside!



Magnesium

Legumes, whole grains, dark leafy greens

Potassium

Fruits (including dried fruits); avocados; tomatoes; root vegetables like potatoes, yams, carrots, squash; and dark leafy greens

Don't forget to think beyond the plate! Incorporating 150 minutes of exercise each week and including time for your favorite hobbies and anything that brings you joy and relaxation is important. Better mental health means a healthier heart too!



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