



# Your Heart Loves Plants

Putting more plants on your plate lowers the risk of developing or dying early from cardiovascular disease.

Plant-forward eating prioritizes vegetables, fruits, beans, lentils, whole grains, nuts, and seeds. This doesn't have to exclude meat or other animal products. With so many plants to choose from, you can find a style to match your preferences.

- Sprinkle nuts on cereal, yogurt, and salads.
- Stir chopped greens into soups, pasta, and stews.
- Mix lentils or beans into ground meat dishes.
- Prepare or order a tofu-veggie stir-fry.
- Roast a large pan of veggies to last a few days.

