

Love Your Heart

Keys to Low-Cholesterol, Heart-Healthy Meals



Build a Heart-Healthy Plate

Small changes at the table can lead to big victories for your heart. Eating well isn't about restriction. It's about nourishment, balance and love.



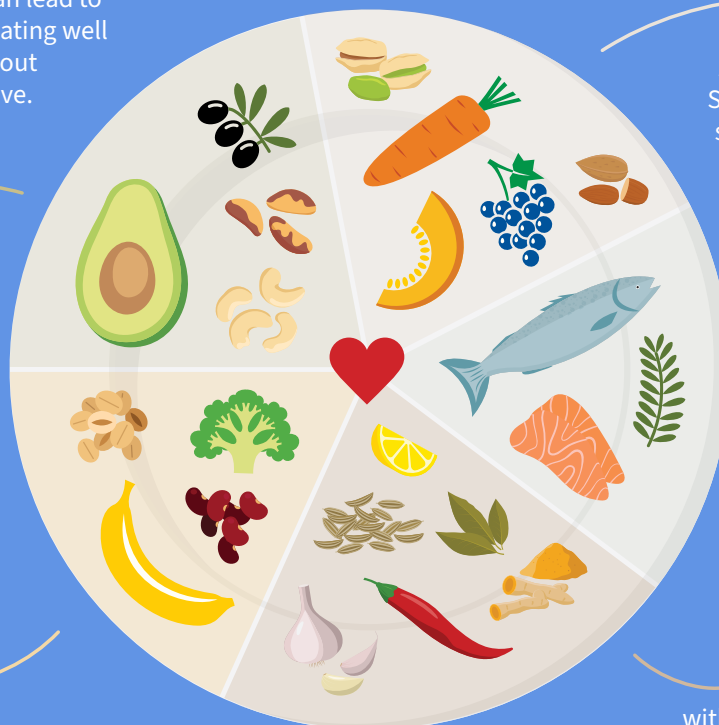
Choose Healthy Fats

Replace butter and lard with olive oil, avocado and nuts.



Go for Fiber-Rich Foods

Oats, beans, lentils, fruits and veggies help lower LDL (bad) cholesterol.



Eat Whole, Not Processed

Stick to foods in their natural state. Less packaging equals more nutrients.



Limit Red Meat

Opt for lean poultry, fish like salmon or tuna, or opt for plant-based proteins.



Cut the Salt

Use herbs, spices, lemon and garlic to flavor meals without raising blood pressure.

Smart Swaps for a Healthy Heart

White rice → Brown rice or quinoa

Chips → Raw veggies & hummus

Creamy dressings → Olive oil & vinegar

Ice cream → Frozen berries & Greek yogurt

"So whether you eat or drink or whatever you do, do it all for the glory of God."

– 1 Corinthians 10:31 (NIV)

Heart health begins with daily choices. Let each meal be an act of care for your body, your future and the people who love you most.