

Healthy Hearts

Feel Good Foods

Science Activity

Have a Taste Test --- Give each child a taste of these *Feel Good Foods for your Heart*. You may be surprised at which foods they really like.



Grape Juice - Reduces the tendency of platelets to stick together and helps prevent LDL cholesterol (bad cholesterol) from oxidizing and embedding in artery walls.



Dark Chocolate – Promotes blood vessel dilation, lower blood pressure, reduce platelet clumping & clotting, and decrease inflammation.



Beans – Good source of Dietary Fiber which correlates with lower rates of heart disease.



Oatmeal – Good source of Soluble Fiber that protects you from developing arterial plaque and heart failure.



Bananas – Good source of Fiber, Potassium, and Magnesium that helps protect against heart disease and high blood pressure.

Source: Kaboose.com