

A Sample One Day Heart-Healthy Diet

Here's a sample of what to eat on an average day, gathered from registered dietitians.

Breakfast

- Oatmeal topped with cinnamon, walnuts, and strawberries
- Latte with nonfat milk

Snack

- Low-fat vanilla yogurt with blueberries

Lunch

- Turkey burger on a mixed grain roll, with romaine lettuce, tomato, and avocado
- Apple, whole

Snack

- Hummus with sliced cucumbers and red peppers

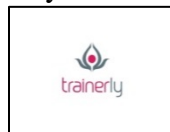
Dinner

- Broiled salmon topped with salsa, served with quinoa and steamed broccoli, drizzled with lemon juice and olive oil
- Pinot Noir, 1 glass
- Dark Chocolate, 1 ounce, for dessert, plus fresh raspberries

If you have any particular questions or would like to discuss your personal fitness goals, please schedule a free consultation.

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