NOURISH YOUR HEART: A HEALTHY EATING PLAN WORKSHEET Eating healthy is one of the best ways to care for your heart! Use this worksheet to plan nutritious meals, identify heart-friendly foods, and set healthy eating goals. Heart-Healthy Foods List three foods that are goad for your heart 1. 2. 3. Foods to Limit Write three foods you should eat in moderation for a healther heart 1. 2. 3. Meal Planning Fish in heart-healthy meal by listing one food for each category: 1. 2. 3. Healthy Eating Habits What are three small changles you can make to improve your diet? Protein Vegetables Whole Grains Healthy Fats Goal Setting Set one heart-healthy eating goal for this week	Name :	Date :	
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