

Name :

Date :

# 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 good for your heart:

1.

2.

3.

## Foods to Limit

Write three foods you should eat in moderation for a healthier heart:

1.

2.

3.

## Meal Planning

Plan a heart-healthy meal by listing one food for each category:

1.

2.

3.

## Healthy Eating Habits

What are three small changes you can make to improve your diet?

Protein	
Vegetables	
Whole Grains	
Healthy Fats	

## Goal Setting

Set one heart-healthy eating goal for this week:

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