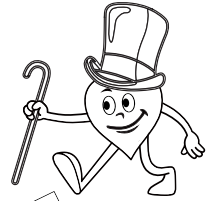


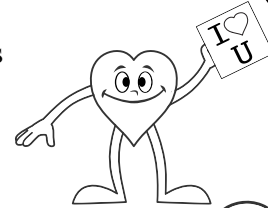
Chef Solus Top Ten Tips To A Healthy Happy Heart

Keep your heart pumping strong with Chef Solus' favorite heart healthy tips: (color the hearts)

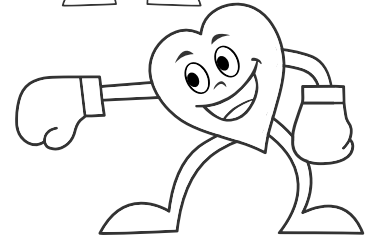
1. Add some fiber to your breakfast. Try some oatmeal with fruit and start your heart on the right beat.



2. Eat your fruit with the peel on! Try some apples, pears or peaches for a sweet treat that your heart will love!



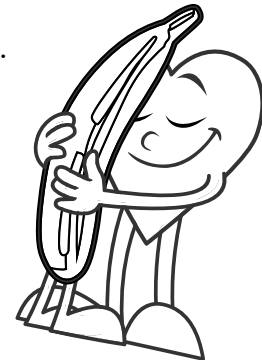
3. Include some berries in your smoothie - they give your heart a healthy punch!



4. Go low fat with your cheese and your heart will smile!

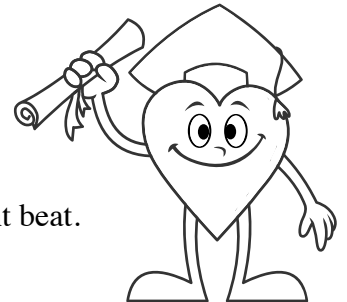
5. Say no to transfat! Read the food labels and your heart will thank you.

6. Change your grains (bread, crackers, pasta and tortillas) to 100% whole grains and give your heart fiber power!



7. Add some beans to your dinner - they are good for your heart.

8. Add a handful of nuts in your salad, low fat yogurt, or as a little snack. They have lots of protein and help your heart think smart.



9. Put the music on and dance and your heart will be moving to the right beat.

10. Your heart is a muscle and loves a good workout. It needs exercise every day to be strong.

