

## Eating for a healthy heart

## Small steps count

To take good care of your heart, one of the most important things you can do is eat a heart-healthy diet. It may seem obvious. But doing so can help stop or even reverse heart disease.

At first, it may feel like there is a lot to learn. But you don't have to make these changes all at once. Start with small steps. Over time, a number of small changes can

