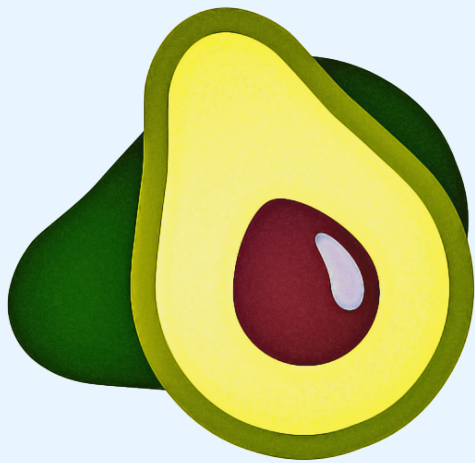


Say YAY for Healthy Fats!



Healthy fats are good for our bodies and hearts!
Here's how you can get some healthy fats:



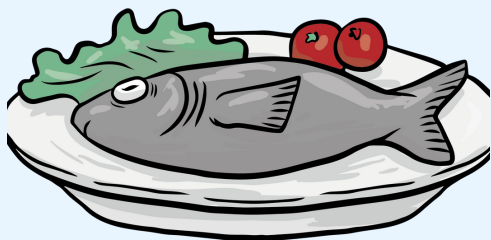
Add some avocado

It's tasty on toast or in salads!



Vegetable oils are great!

Canola, corn, grapeseed, olive



Don't forget fatty fish

Salmon, herring, mackerel, trout



Go NUTS for nuts

Almonds, cashews, pecans, walnuts