

A woman with long dark hair, wearing a blue denim shirt, is smiling and preparing food. A young girl with curly hair, wearing a light blue shirt, is also smiling and holding a small green vegetable. They are in a kitchen with white cabinets and a microwave. On the counter, there are cucumbers, a cutting board, and a glass bowl filled with a salad of tomatoes, cucumbers, and leafy greens.

GO LIVE<sup>®</sup>  
Smart

# *Eat Your Way to a* **HEALTHIER HEART**

**34%**

is the decline in annual death rate attributed to coronary heart disease in the US between 2005 and 2015.

**25%**

of deaths in the US are attributed to heart disease.

**OMEGA-3**

fatty acids EPA and DHA found in fish are shown to reduce inflammation that can lead to heart disease.