

Million Hearts Diet

Million Hearts® is a national initiative with an ambitious goal to prevention 1 million heart attacks and strokes by 2022. The Centers for Disease Control and Prevention and the Centers for Medicare & Medicaid Services co-lead the initiative on behalf of the U.S. Department of Health and Human Services.

1. Go to the website: <http://millionhearts.hhs.gov/>
2. Click on: Learn and Prevent
3. Click on: Heart Healthy Recipes