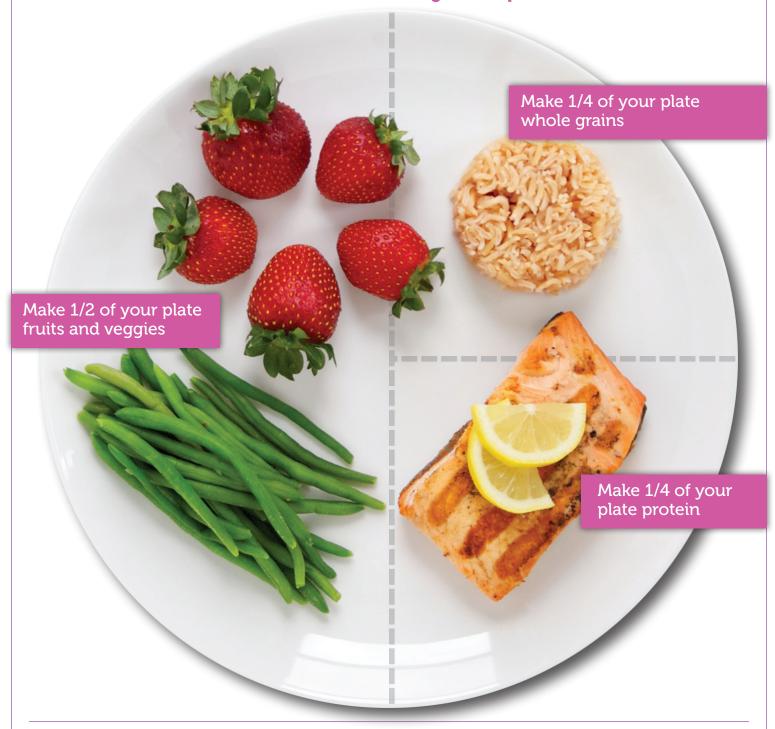
## Preventive Cardiology Program

**HEALTHY HEART SERIES** 



## How balanced is your plate?



For specific questions about nutrition or exercise, please contact Skylar Griggs, MS, RD, LDN, clinical nutrition specialist, at 617-355-4329 For more general information about our Preventive Cardiology Program, call Boston Children's Heart Center at 617-355-0955 or go to bostonchildrens.org/hearthealth