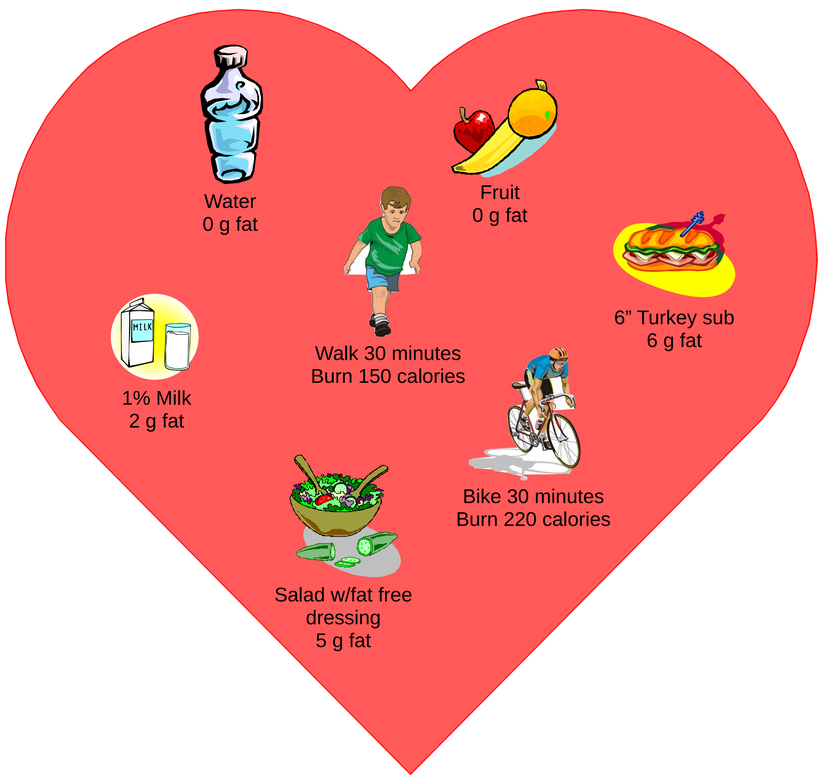
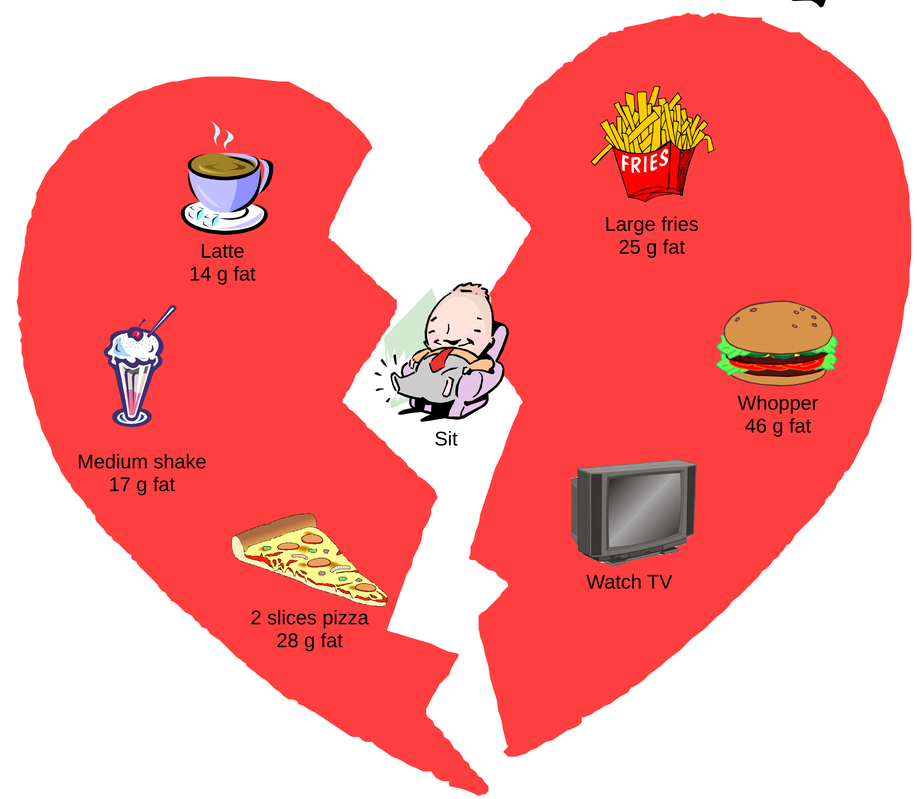
Love Your Heart!

Choose Healthy Foods and Activities



Limit These Foods and Activities



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Shasta County Public Health

Eat healthy foods and be active for a strong heart.