

# heart-healthy LIVING

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## Healthy recipes

NUTRITION TIPS

NUTRITION Q&A

5 ingredients

30-minute recipes

Good For your Heart

low cholesterol

low fat

low sodium

Main Ingredient

beef

chicken

fish & seafood

pork

vegetarian

Meal

breakfast

Healthy recipes > cooking & nutrition tips >

## The Power of Omega-3s



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### More Sources of Omega-3s

Aristo Wellness Bars

Omega-3 amount: 100 mg per serving

Where to buy: [aristohealth.com](http://aristohealth.com)

Price: \$1.89 each

### RELATED STORIES

- [Top 10 Power Foods](#)
- [Fish and Omega-3s](#)
- [Heart-Healthy Recipe Substitutions](#)

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