



## Here4TN Videos

### *Healthy Eating*

- [Heart Healthy Diet](#) (2 minutes)
- [Five Ingredients to Healthy Eating](#) (1.5 minutes)
- [Healthy Eating Pays Off](#) (1.5 minutes)
- [Resisting Temptation in Social Situations](#) (3 minutes)
- [Making Meals with Less Sodium](#) (2.5 minutes)