



NUTRITION FOR A HEALTHY HEART

IMPROVE YOUR HEART HEALTH WITH DIET AND EXERCISE

FIBER

Fruits & Vegetables

- Include bright green, orange, yellow, red, purple and blues
- Fill half your plate with non-starchy vegetables like broccoli, carrots, bell peppers, spinach, and eggplant
- Make sure to include 2 cups of whole fruits in your diet each day

Whole Grains

- Look for the word "whole" in the ingredient list
- Serving size: ¼ of plate
- Examples: whole wheat pasta, whole grain brown rice, quinoa, barley, bulgar, whole wheat bread, pita, tortillas, crackers, whole rolled oats and whole grain cereal

PROTEINS

- Serving size: 3-4 ounces or ¼ of plate
- Fish high in omega-3 fatty acids, i.e. salmon, mackerel, herring, lake trout, sardines and albacore tuna
- Skinless chicken or turkey breast
- Lean red meat, i.e. sirloin, round cuts
- Eggs
- Unsalted nuts and seeds
- Dried peas and beans

DAIRY

- Serving size: 1.5-2 cups per day
- Milk, plain or unflavored yogurt, cottage cheese and cheese

HEALTHY FATS

Choose unsaturated fats

- Plant-based fats, i.e. olives, olive oil, canola oil, avocado and avocado oil
- Nuts and seeds, i.e. almonds, pecans, peanuts, walnuts, flaxseeds, chia seeds and pumpkin seeds
- Fatty fish, i.e. salmon, sardines and anchovies

Limit saturated fats

- High fat meats, i.e. prime rib, pork or beef ribs and poultry with skin

Avoid trans-fat

- Look in the ingredient list for "partially hydrogenated oils"
- Commercially baked cakes, cookies, pies and biscuits
- Deep-fried foods
- Convenience foods - microwave popcorn and frozen pizza
- Some peanut butters

ALCOHOL

- Men should limit to 2 drinks per day and women should limit to 1 drink per day
- 1 drink = 12 ounces beer, 4 ounces wine, 1.5 ounces 80 proof spirit

EXERCISE

- Set goals of at least 30 minutes of physical activity and 10,000 steps per day
- Regular exercise can increase HDL cholesterol ("good" cholesterol) and help control weight, which will reduce your risk for diabetes, high blood pressure and heart disease