Heart Healthy Diet

Protect your heart and body: choose whole foods and plan-based food sources.

Lean proteins



Best options:

- Fish
- Egg whites or eggs
- Chicken
- Ground turkey/chicken



Options to limit:

- Read meats
- High % fat beef
- Bacon
- Hot dogs
- Processed meats

Unsaturated fats



Unsaturated fats help lower cholesterol levels. They are made from plants and are liquid at room temperature.

- Olive oil
- Nuts
- Avocado



Saturated fats are unhealthy, they clog the arteries. They are made from animals and are solid at room temperature.

- Butter
- Lard
- Bacon
- Cheese
- Red meats

Salts

Follow a low-sodium diet, limit to 2000mg of salt a day. Use herbs and other seasonings to flavor meals. Read nutrition labels to check sodium amounts.

Vegetables & fruits



Vegetables and fruits provide vitamins, minerals, antioxidants, and fiber that are good for the heart.

Whole grains



Whole wheat and whole grains contain fiber, which help lower cholesterol levels.

Watch your food portions—too much can affect blood sugars.

Fiber

Fiber helps remove waste from the body. There are two types, soluble and insoluble. Sources of fiber include fruits, vegetables, and whole grains.

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Physical activity

Staying active is also an important part of maintaining a healthy heart. Being physically active for 30 minutes five times weekly is a good goal.

There are lots of ways to be active.

- Fitness class
- Lift weights
- Swim
- Ride your bike
- Go for a walk



Find an exercise you enjoy and make a plan that works best for you.

There are many choices to make when it comes to eating heart-healthy foods.
The chart below contains examples of what kind of foods to pick and how to prepare them.

Use the list whenever you need help making a choice.

FRUITS & VEGETABLES	LEAN PROTEIN	WHOLE GRAINS	UNSATURATED FATS
Bright colors and variety	Baked, broiled, or grilled chicken	Bread, bagels, English muffins, and tortillas	Olive, corn, canola or avocado oil
Fresh, frozen, or canned	Fresh or frozen fish or fish canned in water	Hot or cold cereal with no added sugar	Nuts and nut butters
Cook with minimal oil and salt	Ground turkey or chicken	Brown or wild rice, quinoa, or bulgur and oats	Avocado
Should fill half your plate	Eggs cooked with small amounts of healthy oil	Whole wheat pasta	Plant-based butters
Buy at a local farmers market	Lean beef	Whole wheat crackers	Hummus