

# Heart-Healthy Foods



A heart-healthy eating plan contains foods that can lower your risk of heart disease, heart attack, and stroke. Healthy eating is part of a heart-healthy lifestyle that includes regular activity and not smoking.



Eat a variety of whole grain products every day.



Eat at least **two servings of fish** each week that include heart-healthy omega-3 fatty acids.



Eat a rainbow of fruits and vegetables every day.

## CHOOSE HEALTHY FATS

Unsaturated fats, such as olive, canola, corn, and sunflower oils, are part of a healthy diet.



1g of fat = **9 CALORIES**  
1g of protein or carbs = **4 CALORIES**  
*watch your serving sizes*

### COOKING TIPS

Use products low in saturated fat instead of using butter or other fats high in saturated fat. Experiment with herbs, spices, or even lemon to add flavor to low-fat foods.

### LIMIT YOUR INTAKE OF:



Sodium and added sugar



Saturated fat  
*Choose lean meat, beans, or tofu.*



Alcohol, if you drink  
*2 or fewer drinks a day for men and 1 or fewer drinks a day for women*