

A healthy diet... it's easier than you think!



Make a healthy diet a heart-healthy habit

Eating healthy foods can be good for your heart. Try to:

- Eat more fresh fruits and vegetables, whole grains, and fat-free or low-fat milk products.
- Drink fat-free or low-fat milk.
- Eat lean meats, poultry, fish, beans, eggs, and nuts.
- Avoid saturated fats, trans fats, cholesterol, salt, and added sugars.
- Eat fish—especially oily fish such as salmon, tuna, or trout—at least twice a week.
- Eat fresh foods that are steamed, baked, grilled, broiled, or stir-fried.
- Eat slowly, enjoy your food, and learn when you feel full.

Follow more heart-healthy habits

- Do not shop for food when you are hungry. If you do, you may make poor food choices. Make a shopping list before you go to the store and stick to it.
- If you need to lose weight, set goals you can reach.
- Keep a food diary to see when and how much you eat.
- Limit alcohol.

Make healthier food choices

If you usually...

Eat a cookie for dessert

Deep-fry your chicken

Use salt to season your food

Drink regular soda

Drink whole milk

Eat everything on your plate in a restaurant

Try this instead...

Eat an apple

Grill or broil your chicken

Season your food with herbs, spices, or lemon

Drink water or flavored water

Drink low-fat or fat-free milk

Cut your portion in half and take the rest home

Talk with your doctor or dietitian about a healthy eating plan that is right for you.
Ask about other heart-healthy changes you can make.