

Heart Healthy Nutrition

What you need to know

How do I support my heart through diet?

- Talk with your primary care provider and cardiologist about a diet that is right for you.
- Examples of heart healthy diets
 - Mediterranean
 - Light on meats and sweets
 - DASH
 - Dietary Approaches to Stop Hypertension; limits salt to less than 1500 mg/day
 - Vegetarian
 - Cuts out all meats and sometimes dairy and/or eggs

How do these diets help me?

- The aforementioned diets help maintain healthy weight, lower the risk of heart disease, and improve blood pressure.
- Tips for the new dietary guidelines
 - Increase fruit, vegetables, and whole grains
 - Limit sodium, sugar, and saturated fats
 - **Don't forget to exercise!**

THE US FOOD PLATE

DAIRY

Get your calcium-rich foods

- ▶ Include fat-free or low-fat milk as a beverage at meals.
- ▶ Add milk instead of water to prepare oatmeal and hot cereals.
- ▶ Use milk when making condensed cream soups - like tomato.
- ▶ Choose calcium-fortified juices, cereals, and breads if you can't eat dairy products.



FRUITS

Focus on fruits

- ▶ Vary fruit and juice choices - they vary in nutrients.
- ▶ Top cereal, pancakes, waffles and yogurt with berries or diced fruit.
- ▶ Snack on dried fruits - they are easy to carry and store well.
- ▶ Select canned fruits in 100% juice or water, not syrup.



GRAINS

Make half your grains whole

- ▶ Substitute a whole-grain product for a refined one.
- ▶ Try brown rice or whole-wheat pasta.
- ▶ Choose foods that list a whole grain first on the label - color is not an indication.
- ▶ Add barley, bulgur or quinoa to soups, stews and casseroles.



VEGETABLES

Vary your veggies

- ▶ Buy fresh vegetables in season - keep frozen on hand, too.
- ▶ Plan meals around a vegetable main dish, such as a vegetable stir-fry.
- ▶ Keep cut-up vegetables in a see-through container in the refrigerator.
- ▶ Shred carrots or zucchini into meatloaf, casseroles, and quick breads.



PROTEIN FOODS

Go lean with protein

- ▶ Start with lean choices, and remove visible fat and skin.
- ▶ Choose fish more often.
- ▶ Use dry beans or peas in meals.
- ▶ Add nuts to salads or main dishes as a substitute for meat.



A Whole Diet Approach to Healthy Eating

For individual recommendations on food intake for your age and activity level go to:

ChooseMyPlate.gov

BASED ON »

- Recommendations for a healthy and balanced diet.