



BETTER FOOD OPTIONS TO INCREASE HEART HEALTH

Changing your eating habits to better your heart health doesn't have to mean sacrificing the foods and flavors you love. With the tips below, you can modify your diet in a way that will have your heart pumping for joy.

- Eat more poultry, fish, nuts, and legumes (beans) and less red meat. When purchasing meat, choose a lean cut and limit portion size.
- Choose low-fat or fat-free dairy products.
- Pick fresh or frozen fruits and vegetables instead of canned and processed fruits and vegetables, which contain added salt and sugar.
- Select breads, pasta and other carbohydrate-rich foods that are made from whole grains.
- Switch from butter to olive, canola, soybean, peanut, corn or safflower oils for cooking.
- Choose low-sodium foods whenever possible. Use herbs and spices to flavor foods instead of salt.
- Cut back on foods and beverages with added sugars. For example, eat fruits instead of drinking fruit juices.
- Modify your favorite recipes so that they contain less fat and calories.

DON'T FORGET TO STRETCH!