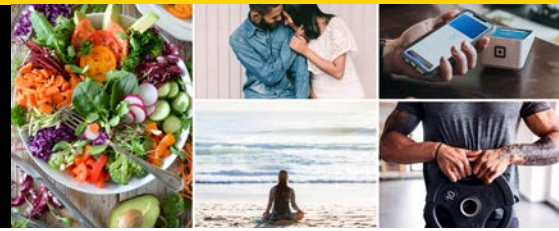


Healthy Habits



Heart-Healthy Diet Habits to Prevent Heart Disease

1. **Control your portion size** – Use a small plate or bowl to help control your portions. Eat larger portions of low-calorie, nutrient-rich foods, such as fruits and vegetables, and smaller portions of high-calorie, high-sodium foods, such as refined, processed or fast foods.
2. **Eat more vegetables and fruits** – Vegetables and fruits are good sources of vitamins and minerals and contain substances that may help prevent heart disease. Eating more fruits and vegetables may also help you cut back on higher calorie foods, such as meat, cheese and snack foods.

Best fruits and vegetables to choose: fresh or frozen vegetables and fruits, low-sodium canned vegetables, and canned fruit packed in juice or water.

Fruits and vegetables to limit: coconut, vegetables with creamy sauces, fried or breaded vegetables, canned fruit packed in heavy syrup, and frozen fruit with sugar added.

3. **Eat more whole grains** – Increase the amount of whole grains you eat by making simple substitutions for refined grain products.

Best grain products to choose: whole-wheat flour, whole-grain bread (preferably 100% whole-wheat bread or 100% whole-grain bread), high-fiber cereal (5g or more fiber per serving), brown rice, barley, buckwheat (kasha), whole-grain pasta, and oatmeal (steel-cut or regular).

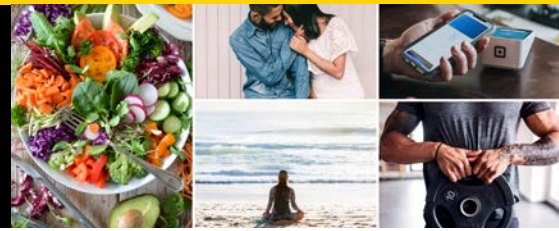
Grain products to limit or avoid: refined white flour, white bread, muffins, frozen waffles, corn bread, doughnuts, biscuits, quick breads, cakes, pies, egg noodles, buttered popcorn, and high-fat snack crackers.

4. **Limit unhealthy fats** – Limit the amount of saturated and trans fats you eat. Reduce the amount of saturated fat in your diet by trimming fat off your meat or choosing lean meats with less than 10 percent fat.

Best fats to choose: olive oil, canola oil, vegetable and nut oils, margarine, (trans fat free), cholesterol-lowering margarine (e.g., Benecol, Promise Activ, Smart Balance), nuts, seeds, and avocados.

Fats to limit: butter, lard, bacon fat, gravy, cream sauce, nondairy creamers, hydrogenated margarine and shortening, cocoa butter (found in chocolate), and coconut, palm, and cottonseed oils.

Healthy Habits



5. **Choose low-fat protein sources** – Choose lower fat options, such as skim milk rather than whole milk and skinless chicken breasts rather than fried chicken patties.

Best proteins to choose: low-fat dairy products (e.g., skim or low-fat (1%) milk, yogurt and cheese), eggs, fish (especially fatty, cold-water fish, such as salmon), skinless poultry, legumes, soybeans and soy products (e.g., soy burgers, tofu), and lean ground meats.

Proteins to limit or avoid: full-fat milk and other dairy products, organ meats (e.g., liver), fatty and marbled meats, spareribs, hot dogs and sausages, bacon, and fried or breaded meats.

6. **Reduce the sodium in your food** – Much of the salt you eat comes from canned or processed foods, such as soups, baked goods and frozen dinners. Look for these items with reduced sodium.

Best low-sodium items to choose: herbs and spices, salt-free seasoning blends, reduced-sodium canned soups or prepared meals, and reduced-sodium versions of condiments.

High-sodium items to limit or avoid: table salt, canned soups and prepared foods, tomato juice, condiments such as ketchup, mayonnaise and soy sauce, and restaurant meals.

7. **Plan ahead** – Create healthy daily menus using the strategies listed above. Choose lean protein sources and healthy fats and limit salty foods. Watch your portion sizes and add variety to your menu choices.
8. **Allow yourself an occasional treat** – Indulge every now and then, but don't let it turn into an excuse for giving up on your healthy-eating plan.

Source: Mayo Clinic (<https://www.mayoclinic.org/diseases-conditions/heart-disease/in-depth/heart-healthy-diet/art-20047702>)