

5 Tips For A Healthier Heart

1

Enjoy more vegetables.



Enjoy vegetables including broccoli, carrots, collards, green beans, green peas, kale, lima beans, sweet potatoes, spinach, squash, tomatoes, and peppers as part of meals and snacks. Add dark green leafies like spinach, kale or collards to eggs for breakfast, use raw celery or green pepper with hummus for a snack, and offer both a fresh salad and a cooked vegetable with dinner.

3



Make heart-healthy fat choices

Limit saturated fat intake. Choose seafood, poultry, or lean protein, skim or fat-free dairy. Choose low-fat cooking methods. Limit cheese and other fatty foods.

5

Choose whole grains often

Enjoy a whole grain breakfast cereal like Shredded Wheat, Cheerios or unflavored oatmeal; make sandwiches with whole grain bread, and serve brown rice or other whole grains like quinoa or amaranth with dinner.

2

Eat more fruits.

Include fruit such as apricots, bananas, dates, grapes, oranges, orange juice, grapefruit, grapefruit juice, mangoes, melons, papaya, peaches, pears, pineapples, raisins, raspberries, strawberries, and tangerines for snacks and meals. Choose fresh fruit, or fruit frozen or canned without added sugar. Try this: Slice fresh fruit on your morning bowl of cereal, blend frozen fruit into plain yogurt for a smoothie, keep a bowl of fresh fruit on the kitchen counter for easy snacking, and end meals with fruit instead of a sweet dessert.



4

Reduce sugar intake



Limit added sugar by replacing foods with added sugar like cookies, cakes and candy with nutrient-dense, healthier foods including fresh fruit, unsalted nuts, or popcorn with a sprinkle of cheese, chili powder, or cinnamon for flavor. Try this: Cook unflavored oatmeal with frozen fruit and top with cinnamon instead of using flavored oatmeal, snack on fresh fruit or dried fruit without added sugar, freeze grapes for a healthy pop of sweetness.

Source