

Introduction: Heart-Healthy Foods

When it comes to your heart, what you eat matters. Follow these tips for heart-healthy eating:

- 1. Eat less saturated fats.** Cut back on fatty meats, high-fat dairy, cakes, cookies, and butter. This includes pizza, burgers, and foods with creamy sauce or gravy.
- 2. Cut down on sodium (salt).** Read the Nutrition Facts label and choose foods that are lower in sodium. Look for the low-sodium or "no salt added" types of canned soups, vegetables, packaged meals, snack foods, and lunch meats.
- 3. Get more fiber.** Eat vegetables, fruits, and whole grains to add fiber to your diet.

Take this list with you the next time you go food shopping.

Vegetables and Fruits

Eat a variety of vegetables and fruits. Buy vegetables and fruits that are fresh, frozen, canned, or dried.

- Fresh vegetables such as tomatoes, cabbage, and carrots
- Leafy greens for salads, like Romaine lettuce, spinach, and kale
- Canned vegetables that are low in sodium
- Frozen vegetables without added butter or sauces, like broccoli or cauliflower
- Fresh fruits such as apples, oranges, bananas, pears, and peaches
- Canned, frozen, or dried fruit without added sugars

Farmer's markets are great places to buy vegetables and fruits in season

Dairy

Look for fat-free or low-fat options.

- Fat-free or low-fat (1%) milk
- Fat-free or low-fat plain yogurt
- Fat-free or low-fat cheese
- Fat-free or low-fat cottage cheese
- Soymilk with added calcium, vitamin A, and vitamin D

Breads, Cereals, and Other Grains

For products with more than 1 ingredient, make sure whole wheat or another whole grain is listed first in the ingredient list. Look for products that say 100% whole grain.

- Whole-grain bread, bagels, English muffins, and tortillas
- Whole-grain hot or cold breakfast cereals with no added sugar, like oatmeal or shredded wheat
- Whole grains such as brown or wild rice, quinoa, or barley
- Whole-wheat or whole-grain pasta and couscous

Protein Foods

Choose a variety of foods with protein.

- Seafood: fish and shellfish
- Poultry: chicken or turkey breast without skin, lean ground chicken or turkey (at least 92% lean)
- Pork: leg, shoulder, or tenderloin (95% fat free)
- Beef: round, sirloin, tenderloin, or lean ground beef (at least 93% lean)
- Beans and peas, like kidney beans, pinto beans, black beans, lima beans, black-eyed peas, garbanzo beans (chickpeas), split peas, and lentils
- Eggs
- Unsalted nuts and seeds
- Nut butters, like almond or peanut butter
- Tofu

Fats and Oils

Cut back on saturated fat and look for products with no trans fats.

Choose foods with unsaturated fats like seafood, nuts, seeds, avocados, and oils.

- Margarine and spreads (soft, tub, or liquid) with no trans fats and less saturated fats
- Vegetable oil (canola, corn, olive, peanut, safflower, soybean, or sunflower)
- Non-stick cooking spray
- Lower-calorie mayonnaise
- Salad dressings that are oil based

Avoid coconut, palm kernel, and palm oils, which are all high in saturated fat.

