

Heart Healthy Foods



A heart healthy eating plan contains foods that can lower your risk of heart disease, heart attack and stroke. Healthy eating is a part of a heart-healthy lifestyle that includes regular activity and not smoking.



CHOOSE HEALTHY FATS



Unsaturated fats, such as olive, canola, corn, and sunflower oils, are part of a healthy diet.

1g of fat = **9 CALORIES**

1g of protein or carbs = **4 CALORIES**

watch your serving sizes

COOKING TIPS

Use products low in saturated fat instead of using butter or other fats high in saturated fat.

Experiment with herbs, spices, or even lemon to add flavor to low-fat foods.

LIMIT YOUR INTAKE OF



Sodium and added sugar.



Saturated fat.
Choose lean meat, beans or tofu.



Alcohol, if you drink.
2 drinks a day for men and 1 drink a day for women.

Share pictures of your heart healthy meals with [#Heart2Heart](https://twitter.com/Heart2Heart).