What to eat for a healthy heart

• Eat **whole grains** like oatmeal, cheerios, 100% whole wheat bread, or brown rice.

• Eat **fish** 2 times each week.

• Snack on a handful of **unsalted nuts** every day.

• Cook with **olive oil** or **canola oil** instead of butter.

• Eat **fruits** and **vegetables** every day.

• Eat **lean meats** like skinless chicken or turkey, pork tenderloin, beef loin, or sirloin.

• Eat **beans** or **lentils** each week.

• Drink more **water**.

• Drink **less sugary drinks** like juice, soda, and energy drinks.

• Drink **low fat dairy** or **non-dairy drinks** like 1% milk, Lactaid, unsweetened soy milk, and low-fat cheese.

**Talk to your CHN Nutritionist to learn more.**