

# 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.**