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 small amounts of **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.

*Avoid any of the listed foods above if you are allergic to that specific food.*