

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.**