

EATING FOR HEART HEALTH

Involves a Lifestyle

optimal you



FOCUS MORE

Heart healthy eating begins with awareness. Prepare and choose items that are baked, broiled, steamed, or grilled.

Instead of creamy sauces use oils and spices.

CHOOSE LESS

Processed foods linked to heart disease contain *saturated* and *trans* fats, excess flavor enhancers and preservatives such as salt and added sugars.

TRY NEW

If your favorite foods were fried or included butter, don't fret, heart healthy cooking can be delicious. Experiment with new techniques and ingredients.

REDUCE RISKS

Focus on a *plant-forward* diet

- Choose whole foods
- Eat most peels & skins
- Use intact grains

Fiber in fruits, vegetables, and whole grains is proven to promote a healthy heart.





ACHIEVE BALANCE

Maintain a healthy weight by choosing nutrient-dense foods, managing portion sizes and mindful eating behaviors.

NUTRITION GUIDELINES

- Eat a variety of fruits and vegetables. Fill half of your plate with colorful choices.
- Include whole-grain options such as quinoa and wild rice for essential nutrients and fiber.
- Eat fish twice a week. Prepare meals with plant-based proteins. Limit red meat.
- Choose healthy fats including extra virgin olive oil, and avocados. Limit saturated fats.
- Limit sodium intake & reduce added sugars.

“

He who has health has hope; and he who has hope has everything.

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MANAGE STRESS

Chronic stress can damage your heart. Manage stress with daily physical activity, relaxation techniques, and proper sleep.

HUMMUS & VEGETABLE WRAPS

INGREDIENTS:

Hummus, any variety
1 tomato, thinly sliced
1 cucumber, thinly sliced
1 bell pepper, thinly sliced
1 avocado, peeled, pit removed, sliced
Lettuce
Whole-grain tortillas

INSTRUCTIONS:

Spread 3/4 of tortilla with hummus, leaving 1/2-inch border around the edges.
Layer vegetables onto hummus.
Fold up one side, then roll perpendicular sides to complete wrap.
Enjoy with a side of fruit!

