

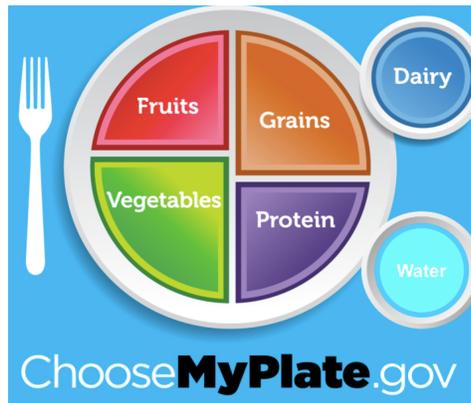
# HEART HEALTHY EATING

Heart health is important for everyone, but especially if you have high blood pressure, high cholesterol, or diabetes. Simple lifestyle changes, like being active and eating nutritious foods, can help keep your heart healthy!

Fill about 1/4 of your plate with fruit. Fruits are fiber-filled foods and great substitutes to sweets.

Whole grains add fiber and nutrients to a heart healthy diet. Make about 1/4 of your meal grains.

Make 1/4 of your plate vegetables. Veggies give your body key nutrients to prevent and manage heart disease.



Choose 3 servings of low-fat dairy each day to keep your heart and bones healthy.



Drink plain water throughout the day to stay hydrated without added sugar.

Think lean (low-fat) protein! About 1/4 of your plate should be filled with a variety of protein foods..

**Heart Smart Tip:**  
Eat healthy oils vs. saturated fat. Cooking with less butter and more canola and olive oil can help improve cholesterol levels.



**Heart Smart Tip:**  
Eat sodium in moderation. Too much salt (or sodium) in foods causes the body to hold water, which can raise your blood pressure.



**Heart Smart Tip:**  
Move your body at least 30 minutes a day, 5 days a week. Exercise helps strengthen your heart and relieve stress!



# HEART HEALTHY FOODS BY FOOD GROUP



## PROTEIN

Great lean protein choices: 3 ounces (about the size of 1 deck of cards) of chicken, salmon, or tuna, 1-2 eggs, and 1/2 cup beans. Snacking on nuts or adding seeds to food is a great way to add protein as well.



### DON'T BUST THE BUDGET!

- Canned fish can be a great way to purchase fish inexpensively.
- Eggs are an extremely cheap way to get in protein. Keep it to 1-2 eggs per day.

## VEGGIES

Vegetables: Broccoli, kale, peppers, spinach, potatoes, carrots, tomatoes, green beans and many more. Eat many different colors to get a variety of nutrients.



### DON'T BUST THE BUDGET!

- Frozen and canned veggies are a great way to get nutrients. They are typically cheaper than fresh veggies and last longer.

## WHOLE GRAINS

Great grains: Whole oats, brown rice, whole wheat flour, whole grain cereal.



### DON'T BUST THE BUDGET!

- Oatmeal is inexpensive and a great way to start the day.
- Make half of your grains whole grains!

## FRUIT

All fruits are great options for snacks or meal sides. Yogurt parfaits and fruit salads can be great desserts!



### DON'T BUST THE BUDGET!

- Canned/frozen fruits are a great way to get many nutrients.
- Buy fruits that are in season. Visit FoodLink to learn about what produce is in season.

[extension.purdue.edu/foodlink](http://extension.purdue.edu/foodlink)

## DAIRY

Low-fat or fat free milk products are great options! Try plain Greek yogurt as a substitute for sour cream, mayonnaise, and cream cheese in recipes.



### DON'T BUST THE BUDGET!

- Powdered milk can be a great, shelf stable way to eat dairy. It can be used to thicken sauces and added to water to make regular milk.