How to Stock for Heart Healthy Diets

TIPS

Eating a healthy, balanced diet is an important part of maintaining good heart health, and can help you feel your best. Follow these tips for stocking your pantry!

WHY IS A HEART HEALTHY DIET IMPORTANT?

Heart disease is the leading cause of death for men and women in the United States. One in every four American’s die from heart disease.

A healthy diet and lifestyle is the best way to fight off cardiovascular disease.

1

BASE YOUR MEALS ON WHOLE GRAINS

Grains should make up around one third of the foods you eat.

Try to eat at least half of your plate fruits and vegetables. If you get a sweet craving, try having that instead.

2

EAT PLENTY OF FRUIT AND VEGETABLES

Vegetables and fruits are important sources of fiber, vitamins, and minerals. Make at least half your plate fruits and vegetables. If you get a sweet craving, try having fruit instead!

3

CUT DOWN ON SATURATED FAT & ADDED SUGAR

Replace high fat dairy products like sour cream and butter with unsaturated fats found in vegetable oils, nuts, seeds, oily fish and avocados.

4

STOCK MORE FISH

Fish are good sources of Omega-3 fatty acids. Research shows Omega-3’s are good for your heart and can reduce your risk of stroke and heart attack.

References:

