

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!

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.

WHY IS A HEART HEALTHY DIET IMPORTANT?



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.

(e.g: potatoes, cereals, pasta, rice and bread)

TIPS



Make at least half your grains whole grains. Whole grains contain more fiber and can help you feel full.



Look for the whole grain stamp while stocking foods.

EAT PLENTY OF FRUIT AND VEGETABLES

2

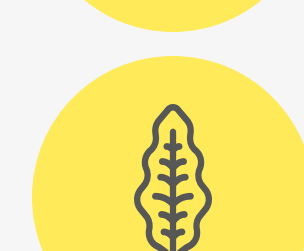
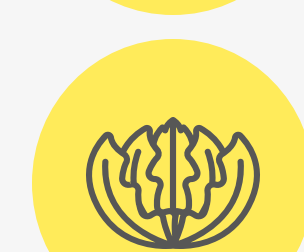


Try to make **at least half** your plate fruits and vegetables. If you get a sweet craving, try having fruit instead!

TIPS



Vary your veggies! Look for low sodium options.



Fresh, canned or frozen fruits and vegetables will do! Choose fruits that are canned with 100% juice instead of heavy syrup.

CUT DOWN ON SATURATED FAT & ADDED SUGAR

3

9 CALORIES
PER
GRAM

Although we need some fat in our diet, too much fat may lead to weight gain and heart disease. Limit intake of saturated fat and trans fat.



SUGAR

Avoid food and drinks with a high amount of 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.*

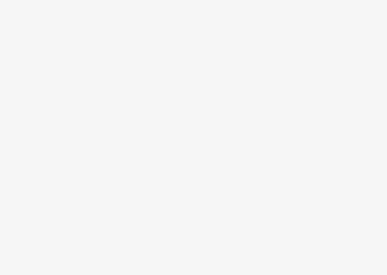
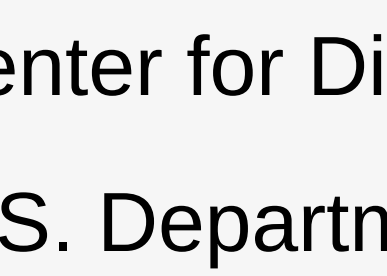
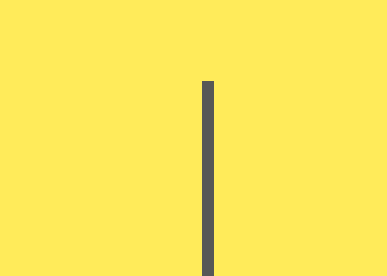
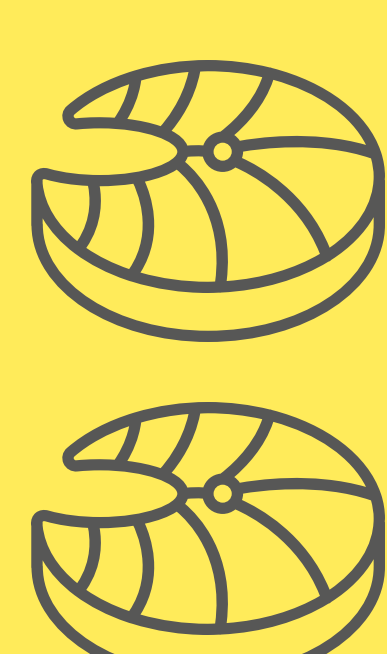
TIPS



Avoid foods containing partially hydrogenated vegetable oils to reduce trans fat in your diet

4

STOCK MORE FISH



Aim to eat at least **two portions** of fish a week.



Fish is a good source of protein and is low in saturated fat.



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:

American Heart Association (AHA) <https://www.heart.org/en>

Center for Disease Control (CDC) <https://www.cdc.gov/heartdisease/facts.htm>

U.S. Department of Agriculture (USDA) <https://www.choosemyplate.gov/>