

Heart Healthy Diet

Eat More Fruits & Vegetables



1/2

make 1/2 your plate fruits and vegetables at each meal

- Vitamins
- Minerals
- Fiber
- Low Calorie

Eat Whole Grains

Whole Grains have more fiber than refined grains

Fiber



Tips for Buying

1. Make sure the first ingredient is whole wheat flour
2. "Multigrain" does not always mean whole grain
3. Buying whole grains like oats, rice or quinoa in bulk is much less expensive than buying small amounts

Whole Grains

Brown Rice
Whole Wheat Bread
Whole Wheat Pasta
Quinoa
Barley
Oats

Refined Grains

White Rice
White Bread
Regular Pasta
Most cereals
Most crackers
Most baked goods

Choose Healthy Fats



Eat More

Plant based fats like olive and vegetable oils, nuts, seeds and avocados. These are heart healthy.



Eat Less

Animal fats (such as butter and fat on meat) and tropical oils. These contain saturated fat which is not heart healthy.



Avoid

Trans fats, which are in foods like coffee creamers, packaged and frozen foods, and fried food. Trans fats increase your risk for heart disease.

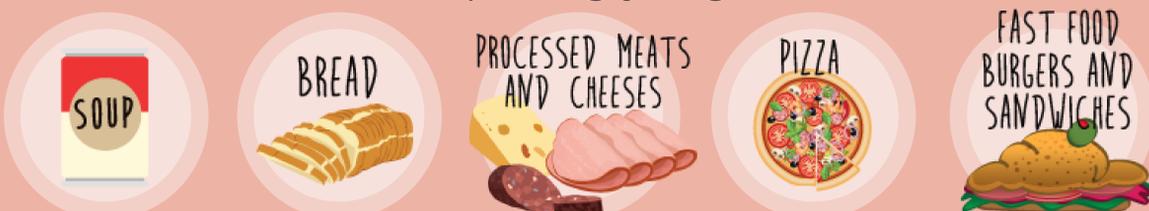
Eat Less SALT

TIPS

- Season meals with fresh and dried herbs instead of salt
- Remove the salt shaker from the table when you eat
- Choose low or no sodium added when buying canned vegetables

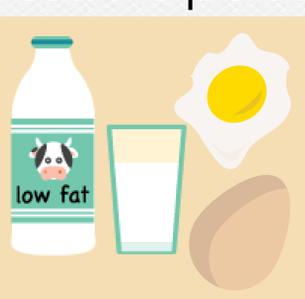
[Click Here for Sodium-Free Spice Blend Recipes](#)

Foods Surprisingly High in Salt



Choose Low-Fat Protein Options

Lentils, beans and nuts



Low-Fat dairy and eggs

Fish and seafood



Lean meat and skinless poultry

Eat Less Sugar

TIPS

- Skip sugary beverages like soda, sports drinks and flavored coffee drinks
- Eat dessert less often, and eat smaller portions when you do
- Try satisfying your sweet tooth with fruit

Food Surprisingly High in Sugar



For more information and healthy tips

Visit us at www.SNAP4CT.org

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Eat well. Spend less.

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