Heart Healthy Diet

Eat More Fruits & Vegetables
- Make half your plate fruits and vegetables at each meal

Choose Healthy Fats
- Plant based fats like olive and vegetable oils, nuts, seeds and avocados are heart healthy.
- Animal fats (such as butter and animal fats) and tropical oils contain saturated fat which is not heart healthy.

Choose Whole Grains
- Whole grains have more fiber than refined grains.
- Good for heart health, digestive health, and keeps you full longer.
- Whole Grains: Brown Rice, Whole Wheat Bread, Whole Wheat Pasta, Quinoa, Oats, Barley, Oats.
- Refined Grains: White Rice, White Bread, Regular Pasta, Most cereals, Most crackers, Most baked goods.

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.

Choose Low-Fat Protein Options
- Lentils, beans and nuts
- Fish and seafood
- Low-fat dairy and eggs
- Lean meat and skinless poultry

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Eat Less Sugar
- 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.

Foods Surprisingly High in Salt
- 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.

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For more information and healthy tips
Visit us at www.SNAP4CT.org

This information was funded by the USDA’s Supplemental Nutrition Assistance Program (SNAP)

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