



# Love your heart

## Eating for a healthy heart

### Small steps count

To take good care of your heart, one of the most important things you can do is eat a heart-healthy diet. It may seem obvious. But doing so can help stop or even reverse heart disease.

At first, it may feel like there is a lot to learn. But you don't have to make these changes all at once. Start with small steps. Over time, a number of small changes can add up to a big difference in your heart health.

**Make healthy a habit.** It's easy to fit in fruits and vegetables at every meal. Fresh, frozen, canned and dried all count.

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# Tips for a healthy heart

Focus on these lifestyle changes to keep your heart strong and healthy.



## Fill your plate with color.

Eat a variety of fruits and vegetables in colors like dark green, deep orange and yellow.



## Try a variety of grains.

Include whole-grain foods filled with fiber and nutrients, like oats, whole wheat bread and brown rice.



## Eat fish at least two times a week.

Oily fish containing omega-3 fatty acids, like salmon, mackerel and lake trout, are best for your heart.



## Limit salt to lower blood pressure.

Aim to eat less than 2,300 mg of sodium daily, or as low as 1,500 mg if you already have high blood pressure.



## Choose healthy fats.

Unsaturated fats, like olive, canola, corn and sunflower oils, are part of a heart-healthy diet.



## If you drink alcohol, drink only a little.

Even if you drink in moderation, consider cutting back to one drink a day (women) or two (men).



## Cut back on sugar.

Limit drinks and foods with added sugars, as they're high in calories and low in nutrients.



## Limit saturated fat.

Choose foods like lean meats, fish, vegetables, beans, nuts and nonfat or low-fat dairy.

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