

My Heart-Healthy Plate

Fill half your plate with a variety of non-starchy vegetables, such as leafy greens, broccoli, carrots, peppers or cabbage, and whole fruit. Eat more vegetables than fruit. Limit juice and dried fruits.

Choose small amounts of healthy oils (such as olive and canola) for cooking or to flavor foods. Nuts, seeds and avocados also contain healthy fats. Limit or avoid butter, lard, tropical oils (coconut, palm), and stick margarine.

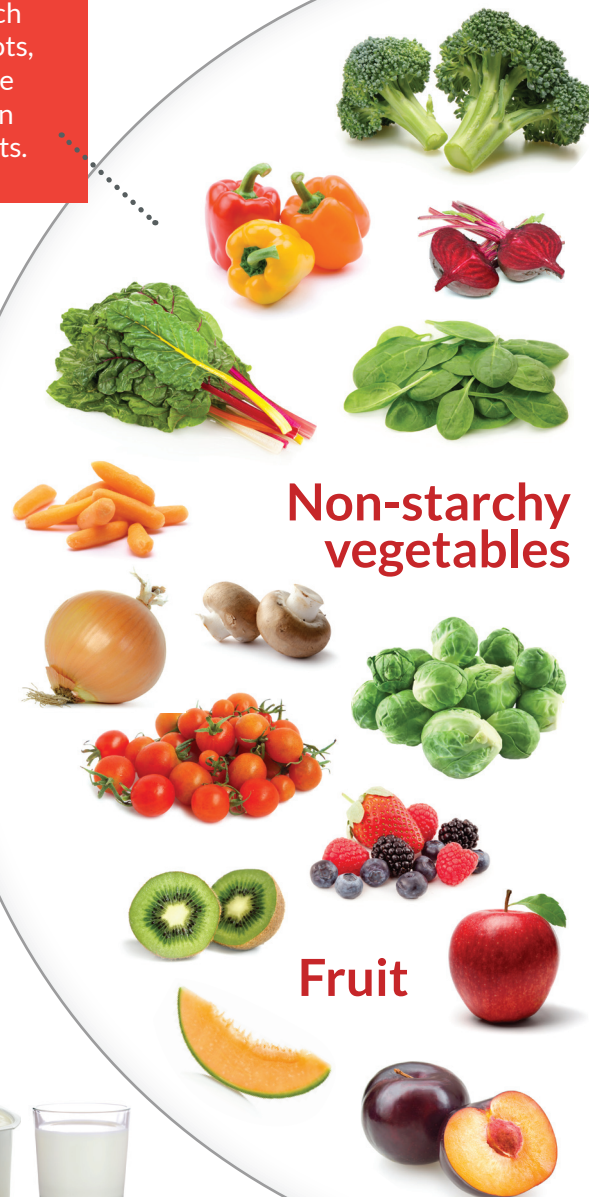


Choose one to three servings of non-fat (skim) milk or yogurt every day; non-dairy alternatives such as soy, rice, or almond milk are fine. A serving is 8 oz.

Choose yogurt with less than 15 grams of sugar per serving.

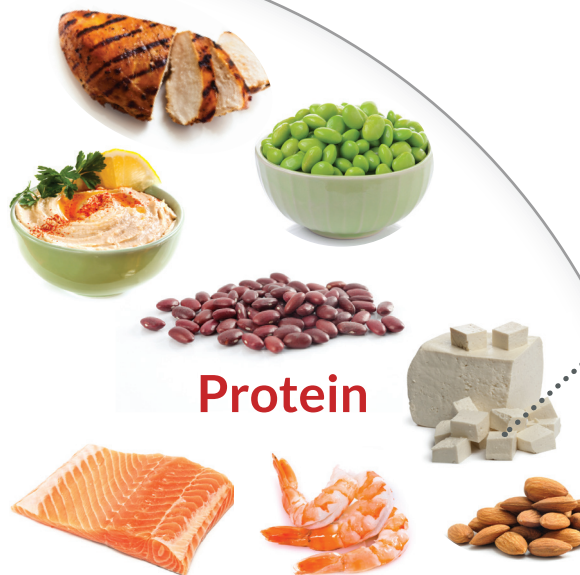


Non-starchy vegetables

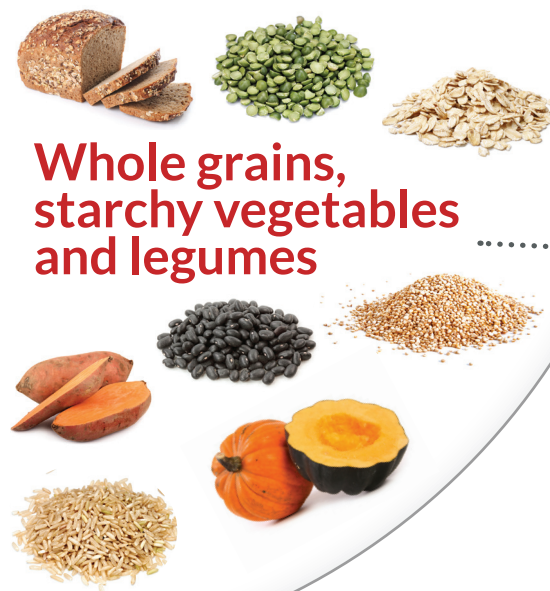


Fruit

Protein



Whole grains, starchy vegetables and legumes



Drink mostly water or other calorie-free beverages, such as coffee or tea. Avoid sugary drinks.



Fill a quarter of your plate with protein sources such as fish, skinless poultry, beans, lentils, nuts and tofu. Limit red meat and cheese; avoid processed meats such as cold cuts and bacon.

Fill a quarter of your plate with whole grains, such as brown rice, whole-wheat pasta, barley, quinoa, oats or whole-wheat bread, or other healthy starches including sweet potatoes, acorn squash, beans or lentils. Limit white bread, white rice, and fried potatoes.

Healthy snack ideas



1 cup nonfat
plain yogurt



1/2 cup
blueberries

OR



1/4 cup
(small handful) of
unsalted nuts

OR



1/4 cup hummus



Vegetables —
like carrots,
sugar snap peas,
and bell peppers

Eating for a healthy heart



Eat mostly fiber-rich plant foods such as vegetables, fruits, whole grains, legumes, nuts, and seeds. Think of meat, dairy, and eggs as a garnish or side dish instead of the main course.



Eat fish at least twice a week, especially fish high in heart-healthy omega-3 fats such as salmon, albacore tuna, trout and sardines.



Have more meatless meals that include beans, lentils, tofu or other plant-based proteins.



Bake, roast, stir-fry, broil, grill, boil, poach, steam or sauté your foods instead of frying them.



Avoid empty calories from processed foods, which usually contain harmful fats (saturated and trans), added sugars, refined grains (like white flour and white pasta) and sodium.



Reduce your intake of foods and drinks with added sugar. Limit added sugar to 6 teaspoons (24 grams) a day for women and 9 teaspoons (36 grams) a day for men. 1 teaspoon = 4 grams of sugar.



Light alcohol intake provides some benefit to heart health, but too much may lead to weight gain and raise blood pressure and triglycerides. One drink = 5 oz. wine (125 calories), 12 oz. beer (150 calories) or 1 1/2 oz. liquor (100 calories). Cocktails with juice or soda have higher calories.



Cut back on sodium (salt). More than 75% of the sodium in our diet comes from processed and restaurant foods — not the salt shaker.

Daily physical activity is essential for a healthy heart. The goal is at least 30 minutes, 5 days a week of walking or other exercise. This can be done in 10-minute sessions if needed.

Spend more time moving and less time sitting. Use a pedometer to track your daily activity, aiming for 10,000 steps every day.

