A heart healthy eating plan contains foods that can lower your risk of heart disease, heart attack and stroke. Healthy eating is a part of a heart-healthy lifestyle that includes regular activity and not smoking.

**Heart Healthy Foods**

- **Eat a rainbow of fruits and vegetables** every day.
- **Eat a variety of grain products** every day.
- **Unsaturated fats**, such as olive, canola, corn, and sunflower oils, are part of a healthy diet.

**1g of fat = 9 CALORIES**

**1g of protein or carbs = 4 CALORIES**

**Watch your serving sizes**

**Choose Healthy Fats**

- **Unsaturated fats**, such as olive, canola, corn, and sunflower oils, are part of a healthy diet.

**Cooking Tips**

- Use products low in saturated fat instead of using butter or other fats high in saturated fat.
- Experiment with herbs, spices, or even lemon to add flavor to low-fat foods.

**Limit Your Intake Of**

- **Sodium and added sugar.**
- **Saturated fat.** Choose lean meat, beans or tofu.
- **Alcohol, if you drink.** 2 drinks a day for men and 1 drink a day for women.

Share pictures of your heart healthy meals with #Heart2Heart.

**Source** HealthWise (healthwise.net)